

kyu 3

gakka

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1. shorinji kempo is a discipline that develops individuals
2. distinguishing characteristics of shorinji kempo (*ken zen ichi nio, riki ai fu ni*)
3. the five elements of atemi
4. kinds of kihon in shorinji kempo

techniques

basic

1. *tai gamae, tai sabaki & umpo ho*:
 [tai gamae] – chudan gamae, hasso gamae, ichiji gamae
 [tai sabaki] – zen tenkan, han tenkan, jun sagari, hiraki sagari
 [umpo ho] – chidori ashi, kani ashi, juji ashi, kumo ashi
2. *ukemi*: mae ukemi, ushiro ukemi, dai sharin, oten yori okiagari
3. *offence*:
 (kaisoku dachi) furiko zuki, shuto uchi, kumade zuki, keri age
 (right & left) jo chu niren zuki, jo chu mawashi geri, ren geri, sashi kae sokuto geri
4. *defense*:
 uwa uke (tsuki), uchi uke (tsuki), shita uke (geri), soto uke (tsuki), uchi age (keri),
 uchi harai uke (keri)
5. *moving*:
 zenshin zuki (jun, gyaku), zenshin geri (jun, gyaku), hiraki sagari & jun geri
6. *tan en* – tenchi ken 1-4 (right & left), ryo ken 1 (right & left), giwa ken 2
7. *so tai* – tenchi ken 2, giwa ken 1

goho

1. uchi uke zuki
2. shita uke geri
3. uwa uke zuki
4. ryusui geri
5. uwa uke geri

juho

1. ude juji tate gassho gatame
2. kote nuki ura ken, chudan zuki
3. gyaku gote mae yubi gatame
4. katate yori nuki

5. ryote yori nuki

kumi embu

kyu 3

1. tenchi ken dai ikkei (paired form)
2. ryusui geri (ushiro)
3. ryote yori nuki
4. ryuo ken dai ikkei (paired form)
5. uwa uke zuki (omote)
6. gyaku gote → mae yubi gatamae

application

1. ***goho*** – offense: single straight punches to jodan and chudan ; counter offenses are allowed and both persons can attack.
2. ***juho*** – offense: grabbing inner or outer wrist of single hand; defense: nuki waza or gyaku waza