

dan 1

gakka

dan 1

1. shorinji kempo is a discipline that develops individuals
2. six distinguishing characteristics of shorinji kempo
3. key attitudes towards training
4. the five elements of atemi
5. systems of training
6. kisei and kiai
7. timing and distance during offenses and defences
8. discuss about true strength

essay

1. what is true strength?
2. your motives for starting shorinji kempo and your present state of mind

techniques

basic: dan 1

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:* dai sharin, mae ukemi, ushiro ukemi, oten yori okiagari
3. *basic offense techniques:* (kaisoku dachi) furiko zuki, shuto uchi, kumade zuke, keri age; (right and left sides) jo chu niren zuki, jo chu mawashi geri, ren geri, sashi kae sokuto geri
4. *basic defense techniques:* uwa uke (tsuki), uchi uke (tsuki), shita uke (keri), soto uke (tsuki), uchi age uke (keri), uchi harai uke (keri)
5. *offenses and defenses while moving:* zenshin tsuki keri (jo chu niren zuki, jo chi mawashi geri), hiraki sagari and ren uke
6. *tan en* – tenchi ken 1, tenchi ken 2; tenchi ken 3, tenchi ken 4, tenchi ken 5, tenchi ken 6, byakuren ken 1
7. *so tai* – tenchi ken 1, tenchi ken 2, giwa ken dai 1, ryuo ken dai 1

random: dan 1

- 5 goho & 5 juho

kumi embu

dan 1

1. harai uke geri & tsuki ten san
2. gyaku geri hiza uke name gaeshi & tsuki ten ichi

3. morote kiri gote (attack: ude ushiro neji age)
4. morote oshi nuki (attack: gyaku tembin)
5. chidori gaeshi kari ashi
6. kote maki gaeshi (continue: kannuki gatame)

application

1. *goho* – free randori
2. *juho* – offense: grab wrist, sleeve or lapel; defense: nuki waza or gyaku waza

kihon

kihon: dan 1

- *kogi* – tobi ren geri
- *bogi* – san rembo

kamoku

dan 1 (goho)

1. tsuki ten san
2. keri ten san

dan 1 (juho)

1. sode nuki
2. sode dori
3. sode maki
4. sode maki tembin
5. eri juji
6. ude juji
7. kiri gote (katate, morote)
8. maki gote (katate, morote)
9. oshi gote (ryote)
10. morote maki nuki (from: ippon se nage)
11. wa nuki (from: ippon se nage)
12. morote okuri gote (from: ippon se nage)
13. ude maki or sode dori (against collar and sleeve grab)

hokei

dan 1

- *nio ken* :
[*kyu 6*] – ryusui geri (ushiro), uwa uke zuki (omote, ura), uchi uke zuki (ura), tenshin geri
[*kyu 5*] – ryusui geri (mae), uwa uke geri (omote, ura)
[*kyu 4*] – uchi age zuki (ura, omote), uchi age geri (ura, omote), soto uke zuki (ura, omote), soto uke geri (ura, omote)
[*kyu 3*] – uchi uke geri (ura, omote), soto oshi uke zuki, uchi oshi uke zuki
[*kyu 2*] – uchi uke zuki (omote), kusshin zuki, kusshin geri, kusshin zuki geri, soto oshi uke geri, uchioshi uke geri

- **sango ken :**

[*kyu 5*] – shita uke geri, shita uke jun geri
 [*kyu 3*] – juji uke geri
 [*kyu 2*] – han tenshin geri, yoko tenshin geri
 [*kyu 1*] – harai uke geri

- **tenno ken :**

[*kyu 3*] – tsuki ten 1
 [*kyu 2*] – konten 1
 [*kyu 1*] – furi ten 2, tsuki ten 2, keri ten 3, tsuki ten 3

- **byakuren ken :**

[*kyu 1*] – tsubame gaeshi, chidori gaeshi

- **chio ken :**

- **kakuritsu ken :**

[*dan 1*] – kinteki geri hiza uke, gyaku geri hiza uke, mawashi geri sambo uke

- **ryuo ken :**

[*kyu 6*] – kote nuki
 [*kyu 5*] – katate yori nuki, maki nuki (katate)
 [*kyu 4*] – tsuki nuki (soto, uchi), kiri nuki (soto, uchi)
 [*kyu 3*] – ryote yori nuki, tsuki nuki (ryote), maki nuki (ryote), juji nuki (katate), nidan nuki, hiji nuki yori mae tembin
 [*kyu 2*] – kiri kaeshi nuki (katate & morote), sankaku nuki juji nuki (ryote), gassho nuki, johaku nuki (katate, ryote), oshi kiri nuki
 [*kyu 1*] – morote tsuki nuki, katate oshi nuki, morote juji nuki, morote hiji nuki, eri nuki, sode nuki
 [*dan 1*]? – nidan nuki, oshi nuki (katate), hiki nuki (morote), juji nuki (morote)

- **ryuka ken :**

[*kyu 5*] – gyaku gote
 [*kyu 4*] – okuri gote (katate), okuri maki tembin
 [*kyu 3*] – gyaku gote yori ura gaeshi nage, juji gote (katate)
 [*kyu 2*] – okuri gote (ryote), okuri dori, okuri yoko tembin, juji gote (ryote), ryaku juji gote, maki juji gote, kiri gote (katate & morote)
 [*kyu 1*] – maki gote (katate, morote), morote juji gote
 [*dan 1*]? – oshi gote (katate & ryote), kote maki gaeshi, maki gote (katate & morote), juji gote (morote)

- **goka ken :**

[*dan 5*] – kannuki katate nage, katate kannuki nage, ryote kannuki nage, kammuki nai tembin, osae kannuki nage soto, bukkotsu nage, harai bukkotsu nage, ushiro bukkotsu nage

- **kongo ken :**

[*kyu 6*] – ude juji gatame
 [*kyu 5*] – mae jubi gatame
 [*kyu 4*] – okuri gatame
 [*kyu 3*] – ura gatame, jui gatame, tate gassho gatame
 [*kyu 2*] – okuri yubi dori
 [*kyu 1*] – mae tembin gatame, tembin gatame (ura)

- **rakan ken :**

[*kyu 2*] – johaku dori (katate, ryote)
 [*kyu 1*] – sode maki, sode dori, sode maki tembin, hiki otoshi, kata muna otoshi, ude maki, eri juji

kata

tenchi ken 5

- *migi ichiji gamae*
- **ichi, ni:** uchi harai uke (*right*), keri age (*right*)
- **san, shi:** mae kagi ashi dachi (*right*), uchi harai uke (*left*), [ichiji gamae], taka geri (*left*), [fuji komi]
- **go, roku:** mae kagi ashi dachi (*left*), uchi harai uke (*right*), sokuto geri, tsuruashi dachi
- **shichi, hachi:** jodan choku zuki (*right*), soto uke (*right*), chudan gyaku zuki (*left*)
- **ku:** uchi harai uke (*right, closed*), [gedan gamae]
- **ju:** yoko kagi ashi, uchi harai uke (*left, open*), zen tenkan, [hidari ichiji gamae, zanshin]
- **ju-icho:** mae yose ashi, [kesshu dachi]

tenchi ken 6

- *hidari ichiji gamae*
- **ichi, ni:** mae yose ashi (*right*), uchi harai (*left*), yoko geri (*left*), [ichiji gamae (*left*)]
- **san, shi:** juji ashi (*left crosses right*), uchi harai (*right*), soto uke (*left*), yoko geri (*right*), [tsuru ashi dachi]
- **go, roku, shichi:** jodan choku zuki (*right*), chudan gyaku zuki (*left*), [kokutsu dachi], jodan modori zuki (*right*)
- **hachi, ku:** keri age (*right*), hidari han tenkan, uchi harai uke (*left*), [hidari ichiji gamae, zanshin]
- **ju:** mae yose ashi, [kesshu dachi]

byakuren ken 1

- *hidari taiki gamae*
- **ichi, ni, san:** chidori ashi (*left*, uchi uke (*left*), shuto giri (*left*), chudan choku zuki (*right*)
- **shi, go:** jun sagari (*right*), shita uke (*left*), keri age (*left*)
- **roku, shichi:** yoko kagi ashi, zen tenkan; (migi) taiki gamae
- *repeat with right side, finish with hidari ichiji gamae*

terminology

attacks

- *katate* – one hand
- *morote* – two hands, one side
- *ryote* – two hands, two sides