

dan 3

gakka

dan 3

- home work:
 1. describe the six distinguishing characteristics of shorinji kempo
 2. describe the history and founding of shorinji kempo
- basic subjects:
 1. the history and founding of shorinji kempo
- from tokuhon
 1. on sen (initiative)
 2. ma'ai and opportunities for offense and defense
 3. shorinji kempo symbols and activities
- questions:
 1. pressure points of the head, face and neck (22 points)
 2. pressure points of the arm and hand (15 points)
 3. pressure points of the leg and foot (21 points)
 4. pressure points of the chest and stomach (12 points)

essay

1. describe the six distinguishing characteristics of shorinji kempo

techniques

basic: dan 3

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 uke, 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 chu mawashi geri), hiraki sagari and ren uke
6. *tan en* – tenchi ken 1 - 6, giwa ken dai 1 & 2, byakuren ken 1, ko manji ken (2: ryo ken dai 1, 4: ryo no kata)

7. *so tai* – tenchi ken 1, tenchi ken 2, giwa ken dai 1

random: dan 3

- 5 goho & 5 juho

kumi embu

dan 3

1. kusshin geri ten kai ren geri
2. mikazuki gaeshi kari ashi
3. morote kiri kaeshi nage – (offense) ude ushiro neji nage
4. ryote katate nage → kannuki gatamae
5. keriten 1 sukui kubi nage
6. sode maki gaeshi → kannuki gatamae – (offense) ashi barai

application

1. *goho* – free randori
2. *juho* – offense: grab wrist, sleeve or collar; defense: ryuo ken, ryuka ken, rakan ken

kihon

dan 3

- *tai-sabaki* – han-tensin, gyaku-tenshin
- *umpo ho* – nisoku-tenkai
- *kogi* – tenkai ren-geri, kari-taoshi
- *bogi* – sukui-uke, sambo-uke
- *shuho* – kubi-jime shuho

hokei

dan 3

- *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
[dan 2] – hangetsu geri, kaishin zuki
[dan 3] – machi geri, shita uke zuki, shita uke dan zuki, soto uke dan zuki, uchi age dan zuki, tanto tsuki komi shita uke uchi otoshi geri, tanto furi age ryusui 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
 [*dan 2*] – gyaku tenshin geri?
 [*dan 3*] – gedan gaeshi?, chudan gaeshi

- **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
 [*dan 2*] – gyaku ten 1, tai ten 1
 [*dan 3*] – keri ten 1

- **byakuren ken :**

[*kyu 1*] – tsubame gaeshi, chidori gaeshi
 [*dan 2*] – harai uke dan zuki
 [*dan 3*] – hangetsu gaeshi (sukui kubi nage), suigetsu gaeshi, mika zuki gaeshi

- **chio ken :**

[*dan 2*] – jun geri chi 1, gyaku geri chi 1, harai uke chi 2, jun geri chi 3, gyaku geri chi 3
 [*dan 3*] – fukko chi 2

- **kakuritsu ken :**

[*dan 1*] – kinteki geri hiza uke, gyaku geri hiza uke, mawashi geri sambo uke
 [*dan 2*] – sokuto geri hiki ashi nami gaeshi, mawashi geri sambo uke nami gaeshi, dan geri sambo uke dan geri gaeshi

- **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)
 [*dan 2*] – uchi nuki (katate & ryote)
 [*dan 3*] – age nuki

- **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)

[*dan 2*] – gyaku gote (morote), gyakute nage, shita uke geri kote nage, ryu nage, soto maki tembin, nuki uchi oshi gote, morote okuri gote tsuri otoshi, okuri hiji zeme, nuki uchi oshi gote, kiri kaeshi maki tembin, kiri kaeshi tembin

[*dan 3*] – nigiri kaeshi, maki komi gote, morote okuri gote nage, konoha okuri, okuri yubi gaeshi, okuri tsuki taoshi (ippon se nage), okuri shishi dori, furisute omote nage, koshi kujiki (ippon se nage) kiri kaeshi gote, kiri kaeshi nage, morote kiri kaeshi nage, konoha gaeshi, idori okuri gote, idori gyaku gote, idori oshi gote

- **goka ken :**

[*dan 2*] – uwa uke nage, uwa uke gyakute nage, hiki tembin, gyaku hiki tembin

[*dan 3*] – uwa uke se nage, katate nage, okuri katate nage, gyaku katate nage, gassho katate nage, ryote katate nage, morote katate nage, gassho hiki tembin

[*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)

[*dan 2*] – okuri tembin dori, tate ichiji gatame, sekoshi ichiji gatame, tsuri age dori, tsuri age ura gatame, kumo garami, ura gassho gatame, ura hiza gatame, ryu gatame

[*dan 3*] – osae yubi gatame, konoha gatame, gassho okuri dori, gyakute gatame

- **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

[*dan 2*] – hiki muna otoshi, ryo muna otoshi, maki otoshi, soto maki otoshi,

[*dan 3*] – sode guchi dori, sode guchi maki sode maki gaeshi, sukui kubi nage, kata uchi nage

kata

ryu no kata

- gyaku gote form of ryuo ken 1