

dan 4

gakka

- home work:
 1. describe the motive and purpose of founding shorinji kempo and its organization
 2. describe what you have gained in training shorinji kempo

dan 4

essay

1. describe the purpose of founding shorinji kempo based on the founder's experience
2. describe the goals of shorinji kempo and its training method
3. describe the pain of living and the way to resolve that pain
4. describe the spirituality of humans

techniques – practice

basic: dan 4

1. *tai gamae, tai sabaki* :
[tai gamae] – chudan gamae, hasso gamae, ichiji gamae gedan gamae, hasso gamae, taiki gamae, midare gamae
[tai sabaki] – zen tenkan, han tenkan, jun sagari, hiraki sagari
[umpo ho] – chidori ashi, kani ashi, juji ashi, kumo ashi
byakuren hachijin, giwa kyujin
2. *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)
3. *so tai* – tenchi ken 1, tenchi ken 2, giwa ken dai 1

random: dan 4

- 5 goho & 5 juho
 1. sango ken or ten'o ken
 2. byakuren ken
 3. kakaritsu ken or chio ken
 4. ryuo ken
 5. ryaku ken

kumi embu

dan 4

1. gedan gaeshi → tobi ren geri
2. chudan gaeshi → uchi uke zuki
3. kubi jime shuho juji nage
4. maki komi gote
5. oshi uke maki nage
6. hangetsu gaeshi sukui kubi nage, fukko chi ni

application

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

kihon

dan 4

- *kogi* – dan-geri
- *bogi* – hangetsu-uke

hokei

dan 4

- *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), kushshin zuki, kushshin geri, kushshin 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

[*dan 4*] – ashi 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

[*dan 4*] – gassho gyaku gote, gyaku gassho nage, okuri gassho, kumade gaeshi (katate, ryote), katate nage kiri gaeshi, gassho choji, gassho tsuki otoshi

- ***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 4*] – oshi uke nage, oshi uke maki nage, gassho katate nage, kannuku soto tembin, tembin 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

[*dan 4*] – kannuki okuri (dori), mae ude gatame, ushiro ude gatame, sankaku 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

[*dan 4*] – gyaku sode dori, ushiro sode maki (dori), okuri eri dori, ushiro eri dori (omote, ura), hangetsu kubi nage, maki uchi kubi nage, yahazu nage, kubi jume nage, kenjime dori, omote nage, ura nage, ushiro karo daoshi, gyaku sode maki ushiro kubi nage

terminology

parts

- *ashi* – foot
- *bukkotsu* – throat
- *eri* – collar
- *hiji* – elbow
- *hiza* – knee
- *jo-haku* – upper arm
- *gi* – uniform
- *ken* – fist
- *kinteki* – groin
- *kata* – shoulder
- *koshi* – hip
- *kote* – wrist
- *kubi* – neck
- *obi* – belt
- *sode* – sleeve
- *tembin* – elbow
- *yubi* – thumb