

kyu 5

gakka

kyu 5

1. how to study the technical and philosophical teachings
2. systems of trainings

techniques

basic

1. *etiquette & manners*: shugo seiretsu, kesshu, gassho rei, chosoku, happo moku, (clothing, attitude, word use)
2. *tai gamae* – chudan gamae, hasso gamae, ichiji gamae
3. *tai sabaki* – zen tenkan, han tenkan, jun sagari
4. *umpo ho* – chidori ashi, kani ashi, juji ashi, kumo ashi
5. *ukemi* – mae ukemi, ushiro ukemi, dai sharin, oten yori okiagari

offence & defense

1. *offence*: (kaisoku dachi) me uchi, kinteki geri, furiko zuki, gedan zuki, shuto uchi, keri age, jo chu niren zuki
2. *offence*: (right & left) jun zuki, gyaku zuki, jun geri, gyaku geri, sashi komi mawashi geri
3. *defense*: (kaisoku dachi) uwa uke, uchi uke, shita uke, uchi harai uke
4. *moving*: zenshin zuki (jun, gyaku), zenshin geri (jun, gyaku), hiraki sagari, jun geri
5. *do tsuke, do geri*:
(kaisoku dachi) furiko zuki, keri age
(right & left) jun zuki, gyaku zuki, jun geri, gyaku geri
6. *tan en* – tenchi ken 1 (right & left),
7. *tan en* – ryuo ken 1 (right & left),
8. *tan en* – giwa ken 1 (right & left),

hokei (so-tai)

1. tenchi ken dai 1 (right & left)
2. ryuo ken dai 1 (right & left)
3. ryusui geri (mae, right & left)
4. uwa uke zuki (ura, right & left)
5. uwa uke zuki (omote, right & left)
6. shita uke geri (right & left)
7. shita uke jun geri (right & left)
8. katate yori nuki (right & left)
9. maki nuki (katate, right & left)
10. gyaku gote, mae yubi gatamae (right & left)

kata

tenchi ken 1

- *hidari chudan gamae*
- **ichi**: hidari mae chidori ashi, jodan choku zuki
- **ni**: migi yose ashi, migi chudan gyaku zuki
- **san**: heima dachi (*left*), migi soto uke, hidari yoko kagi zuki
- **shi**: hidari hiraki sagari, migi uwa uke
- **go**: migi ushiro yose ashi, hidari shita uke, migi uchi uke
- **roku**: hikimi (*abdomen*), migi uchi harai uke, hidari soto uke
- **shichi**: migi keri age
- **hachi**: migi hiraki sagari, hidari shita uke, hidari ichiji gamae; zanshin
- **ku**: migi mae yose ashi, [kesshu dachi]

ryuo ken 1

- kote nuki tan en: *migi chudan gamae*
- **ichi, ni**: sashi kae ashi (*left*), kagi te shuho (*right*), ura te uchi (*left, from chudan gamae*)
- **san, shi**: mae yose ashi (*right*), ko-te nuki (*right*), ura ken (*to sango and yongo*)
- **go**: kani ashi (*right*), hidari chudan choku zuki
- **roku, shichi**: fumikomi ashi (*left*), yoko furimi (*left*), migi jodan choku zuki, [migi ichiji gamae], yoko kagi ashi (*left*), migi mawashi geri, juji ashi sagari
- **hachi**: migi hiraki sagari, hidari shita uke, [hidari ichiji gamae, zanshin]
- **ku**: mae yose ashi (*right*), [kesshu dachi]

giwa ken 1

- *hidari ichiji*
- **ichi, ni**: mae chidori ashi, jodan zuki (*left*); chudan gyaku zuki
- **san, shi**: jun sagari, soto uke (*right*), uchi uke, uchi otoshi uke (*left*), nioke; nio gamae, keri age (*left*), ichiji gamae, zanshin.
- **go, roku**: yoko kagi ashi, zen tenkan; (migi) gedan gamae, chudan gamae
- *repeat with right side.*

terminology

count

- *ichi, ni, san, shi, go, roku, shichi, hachi, ku, ju*

etiquette

- *shugo* – row up!
- *seirets* – straight line!
- *sensei* – master, teacher
- *ken-shi* – shorinji kempo students
- *lei* – salutation

- *naole* – arms down!
- *lenshu-o-hajime-masu* – salutation from sensei to kensshi
- *onegai-shimasu* – salutation from kensshi to sensei
- *lenshu owarime-masu* – salutation from sensei (at end of lesson)
- *arigato goza-imashita* – thanking for lesson
- *gasho* – salutation or greeting
- *chiyakuza (tjakza)* – sit down! (zazen way)
- *me-moku* – close eyes!
- *chosoku* – control breathing!
- *kiritsu* – stand up!
- *kesshu* – hands down (lock thumbs,fold)
- *hai* – yes!
- *yoi* – be ready!
- *kamae* – take position!
- *hajime* – start!
- *yame* – stop!

kihon

- *tai gamae* – stances
- *tai sabaki* – body motion
- *sokui ho* – foot and leg placement
- *unpo ho* – foot and leg movement
- *kogi* – attack techniques
- *bogi* – defence techniques
- *shuho* – defence methods

basics

- *kiso zuki* (kisjoski) – basic techniques
- *kaisoku chudan gamae* – basic stance (two fists)
- *me-uchi* – eye whip
- *jodan zuki* – punch head
- *chudan zuki* – punch chest
- *gedan zuki* – punch down
- *kinteki geri* – kick to groin
- *mae geri chudan* – front kick to chest
- *uwa-uke* – defend high (jodan zuki)
- *shita-uke* – defend middle (chudan zuki)
- *happo moku* – look at opponent!
- *hidari-mae chudan gamae* – left front,fist
- *hidari-mae ichiji gamae* – left front,open hand
- *midi-mae chudan gamae* – right front, fist
- *migi-mae ichiji gamae* – right front,open hand
- *dai sharin* – cart wheel
- *mae ukemi* – roll forwards
- *ushiro ukemi* – roll backwards
- *seitai gamae* – stance with partner

- *tai gamae* – symmetric stance (L/L or R/R)
- *hiraki gamae* – mirror stance (L/R or R/L)
- *mawashi geri* – round kick
- *sokuto geri* – side kick
- *sei-ken* – fist
- *ura-ken* – back of fist
- *hira-ken* – open side of fist
- *sho-ken* – under side of fist (hammer)
- *shuto* – under side of open hand (knife)
- *kumade* – punch with open hand (fingers closed)
- *harai-uke* – defense with lower arm
- *uchi harai-uke* – with lower arm and fist
- *yoko juji-uke* – with two arms crossed

shorinji kempo

- *goho* – hard techniques
- *seiho* – healing techniques
- *juho* – soft techniques

seiho

1. *seikei* – balancing the central meridians
2. *seimyaku* – balancing the peripheral meridians
3. *seikotsu* – correcting bone positions
4. *kappo* – resuscitation

goho

1. *tsuki waza* – strikes
2. *uchi waza* – hammers
3. *kiri waza* – cutting
4. *keri waza* – kicks
5. *kari waza* – reaping
6. *fumi waza* – stamps
7. *tai gi* – body techniques
8. *bogi* – defenses
9. *dokko den* – weapon techniques
10. *nyoi den* – short rod techniques
11. *kongo den* – stick and short staff techniques

juho

1. *gyaku waza* – joint reverses
2. *nage waza* – throws
3. *katame waza* – pins
4. *shime waza* – chokes
5. *tori waza* – arrests
6. *o-atsu waza* – pressure techniques
7. *nuki teho* – hand releases
8. *nuki miho* – escapes
9. *bakuho* – binding methods