

kyu 5

gakka

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1. why do you want to study martial arts? why did you choose shorinji kempo instead of another martial art?
2. what do you find the most interesting about shorinji kempo and on which points do you place the most importance in your practice?

techniques

basic

1. zazen manner
2. dojo manner, japanese words, etiquette, kiai
3. kiso zuki
4. jyo chu niren zuki sashi-kae-ashi
5. jun-geri gyaku-geri niren sashi-kae-ashi, sashi-komi-ashi
6. jyo-dan sokuto-geri mae juji ashi (right & left)
7. mae-ukemi (right & left)
8. ushiro-ukemi (right & left)
9. dai-sharin (right & left)
10. umpo ho, taisabaki, basic movements

kata

1. giwa ken dai 1 (tan en)
2. ryo ken dai 1 (sotai)
3. tenchi ken dai 1 (sotai)

so-tai (pair form)

1. jyo-dan jun-zuki uwa-uke sashi kae-ashi
2. chu-dan gyaku-zuki shita-uke, jun-sagari
3. jyo-dan gyaku-zuki uchi-uke jun-sagari (right & left)
4. jyo-dan mawashi-geri yoko-juji-uke jun-sagari (right & left)