

dan 5

gakka

- home work:

1. describe shorinji kempo as a discipline for the purpose of developing individuals
2. describe what you would relay to your juniors by training in shorinji kempo

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essay

1. describe shorinji kempo as a discipline (gyo) that develops individuals
2. describe the role and significance of leaders in shorinji kempo
3. describe the origin of the martial technique (bujutsu) and the significance of martial arts (budo) in today's world
4. describe the need for strength in life, and the right way to employ strength

techniques

1. ...

basic

random

- 5 goho & 5 juho

kumi embu

dan 5

1. kote nage – (offense) sashi komi mawashi geri & jo chu 2 ren zuki
2. keri ten 3 → tora daoshi
3. katate nage kiri kaeshi
4. furisute omote nage
5. uwa uke tembin nage
6. kaishin zuki → osae kannuki nage soto

application

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

attack and defence

1. ...

kihon

dan 5

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

hokei

dan 5

- *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

[*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, rypte), katate nage kiri gaeshi, gassho choji, gassho tsuki otoshi

[*dan 5*] – okuri kannuki gote, omote kumade gaeshi, okuri hiji zeme omote, choji nage, gyaku konoha gaeshi, konoha choji, okuri gassho konoha nage

• **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, gashho katate nage, kannuku soto tembin, tembin nage

[*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

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

[*dan 5*] – soto gyaku te dori, uchi gyaku te dori

• **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

[*dan 5*] – sode juji, tekubi dori, choji dori, shikumi koshi nage, mae gami dori, obi dori, sode dori nai tembin, sode maki gaesho ura, okuri eri dori omote, shikumi nai tembin, kubi jume nage omote, tora daoshi, hasami daoshi, fukko daoshi

• **rakan appo :**

[*dan 5*] – jitsu gitsu zeme, sankaku zeme, jinchiu zeme, gekon zeme, bukkotsu zeme, danchu zeme, san'in zeme, soin zeme

[*dan 6*] – seimon zeme, yongo zeme, sango zeme, furin zeme, mimi zeme, dokko zeime keimyaku zeme, yoko keichu zeme, ushiro keichu zeme, temmon zeme, fuchi zeme, shikoro zeme, tsurigane zeme, kenko zeme, hakuin zeme, hakuyo zeme, chuin zeme, chuyo zeme, chukoku zeme, tokotsu zeme, summyaku zeme, gokoku zeme, shikoku zeme, shokoku zeme, yako zeme, kaimon zeme, gyokkotsu zeme