

kyu 1

gakka

kyu 1

1. distinguishing characteristics of shorinji kempo (*go ju ittai, kumite shutai*)
2. the three teachings of ken (*shu, ha, ri*)
3. kisei & kiai
4. shorinji kempo related organizations

techniques

basic

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*: mae ukemi, ushiro ukemi, dai sharin, oten yori okiagari
3. *offence*:
(kaisoku dachi) furiko zuki, shuto uchi, kumade zuki, keri age
(right & left) jo chu niren zuki, jo chu mawashi geri, ren geri, sashi kae sokuto geri
4. *defense*:
uwa uke (tsuki), uchi uke (tsuki), shita uke (geri), soto uke (tsuki), uchi age (keri), uchi harai uke (keri)
5. *moving*:
zenshin tsuki geri (jo chu niren zuji, jo chi mawashi geri), hiraki sagari & ren uke
6. *tan en* – tenchi ken 1-6 (right & left), giwa ken 1-2, byakuren 1
7. *so tai* – tenchi ken 2, giwa ken 1

kata

1. tenchi ken dai 5 (tan en)
2. tenchi ken dai 6 (tan en)
3. byakuren ken dai 1 (tan en)

random

- 5 goho & 5 juho

kumi embu

kyu 1

1. tsubami gaeshi, ren hanko
2. soto oshi uke zuki, ren hanko
3. eri juji
4. sode maki
5. tsuki ten san ren hanko
6. maki gote (morote) → tembin gatame (ura)

application

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

kihon

kyu 1

- *tai gamae* – nio-gamae
- *kogi* – nai wanto uchi,keri-komi, ren-geri, tobikomi-geri
- *bogi* – uchi oshi-uke, dan-uke, uchi otoshi-uke,yoko juji-uke, shita juji-uke
- *shuho* – sankaku-shuho

hokei

kyu 1

- **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
- **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
- **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
- **byakuren ken** :
[kyu 1] – tsubame gaeshi, chidori 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

- **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
- **goka ken** :
 [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)
- **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

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]

tenchi ken 2

- *hidari ichiji gamae*
- **ichi, ni**: hidari mae chidori ashi, jodan yoko furi zuki, chudan gyaku zuki
- **san**: heima dachi (*left*), migi uchi age, hidari yoko kagi zuki
- **shi, go**: sashi kae ashi (*right*), jodan chodan zuku (*right*), chudan gyaku zuki (*left*)

- **roku, shichi**: jun sgarai (*left*), uchi uke (*right*), uchi otoshi uke, soto uke (*left*), nio uke (*nio gamae*), keri age (*right*)
 - **hachi**: hiraki sagari (*right*), shita uke (*left*), 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

attacks

- *katate* – one hand
- *morote* – two hands, one side
- *ryote* – two hands, two sides

orientation

- *irimi* – forward, inside
- *omote* – exterior
- *mae* – front
- *uchi* – inside
- *ushiro* – back
- *soto* – outside
- *uwa* – upwards
- *yoko* – side

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