

## [少林寺拳法](#) -- [topics](#) / [hokei](#) / [kyusho](#) / [howa](#) / [lesson](#)

- method(s) -- kihon: 基本, hokei: 法形, embu: 演武, randori: 乱捕り
- attention(s) -- [zanshin](#): 残心, happomoku: 八方目
- role(s) -- kosha: 攻者, shusha: 守者
- form(s) -- goho: 剛法, juho: 柔法, seiho: 整法
- principle(s) -- keimyaku: 経脈, kagite: 鉤手, teko: 挺子, kuruma: 車, hazumi: 弾み
- element(s) -- gi: 技, jutsu: 術, ryaku: 戦略
- teaching(s) -- shu: 守, ha: 破, ri: 離

## [basic\(s\)](#) -- [vocabulary](#) / [techniques](#)

- tai gamae (体構え) - body positions
- sokui ho (足位法) - foot and leg placement
- umpo ho (運歩法) - foot and leg motion
- tai sabaki (体捌き) - whole body motion
- kogi (攻技) -- atemi: 当て身, geri: 蹴り, zuki: 突き, ren hanko: 連反攻
- bogi (防技) -- uke: 受け, nuki: 抜き, gote: 小手, dori: 捕り, nage: 投げ
- gatamae (固) -- locks / holds after throw or take-down (ura gatamae: 裏固)

## [overview](#) -- [goho](#) / [juho](#)

- [nio ken](#) – 仁王拳 -- single counter attack
- [sango ken](#) – 三合拳 -- hand as guard, counter attack with kick
- [tenno ken](#) -- 天王拳 -- defence and counter attack triggered by punch
- [byakuren ken](#) – 白蓮拳 -- guarding hand or arm is used for counter attack
- [kakuritsu ken](#) – 鶴立拳 -- sequence of guarding against kicks and counter attack with kick
- [chio ken](#) -- 地王拳 -- defence and counter attack triggered by kick
- [kongo ken](#) – 金剛拳 -- lock and hold opponent
- [ryuo ken](#) – 龍王拳 -- techniques for escaping from holds
- [ryuka ken](#) -- 龍樺拳 -- [ryuo ken](#) techniques for throwing
- [rakan ken](#) – 羅漢拳 -- techniques based on traditional juho forms
- [goka ken](#) – 五花拳 -- throwing techniques, some guarding against goho

## [reference\(s\)](#) -- [attack\(s\)](#) / [fight\(s\)](#) / [dictionary](#) / [phrase\(s\)](#)

- Gavin de Becker -- The Gift of Fear
- Carl von Clausewitz -- On War
- G. B. Jennings -- Fighters, Thinkers, and Shared Cultivation

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