

kyu 6

gakka

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1. motivations and goals for the founding of shorinji kempo
2. key attitudes for the dojo

techniques

basic

1. *etiquette & manners*: shugo seiretsu, kesshu, gassho rei, chosoku, happo moku, (clothing, attitude, word use)
2. *tai gamae* – chudan gamae, ichiji gamae, tai gamae, hiraki gamae
3. *tai sabaki* – zen tenkan, han tenkan
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, keru age
(right & left, chudan gamae) jun zuki, gyaku zuki, jun geri, gyaku geri
2. *defense*: (kaisoku dachi) uwa uke, uchi uke, shita uke, uchi harai uke
3. *moving*: zenshin zuki (jun, gyaku), zenshin geri (jun, gyaku)
4. *do tsuke, do geri*:
(kaisoku dachi) furiko zuki, keru age
(right & left, chudan gamae) jun zuki, gyaku zuki, jun geri, gyaku geri
5. *tan en* – ryuo ken 1 (right & left),

hokei (so-tai)

1. ryusui geri (ushiro, right & left)
2. uchi uke zuki (ura, right & left)
3. tenshin geri (right & left)
4. uwa uke zuki (omote, right & left)
5. kote nuki (right & left)