

dan 3

gakka

dan 3

1. history and founding of shorinji kempo
2. on sen (initiative)
3. ma'ai and opportunity for offense and defense
4. shorinji kempo symbols and activities
5. pressure points of the head, face and neck (22 points)
6. pressure points of the arm and hands (15 points)
7. pressure points of the leg and foot (21 points)
8. pressure points of the chest and stomach (12 points)
9. the six distinguishing characteristics of shorinji kempo

essay

1. the six distinguishing characteristics of shorinji kempo
2. history and founding of shorinji kempo

techniques

basic

1. *tan en* – tenchi ken 1, tenchi ken 2; tenchi ken 3, tenchi ken 4, tenchi ken 5, tenchi ken 6 (all from right side) ryu no kata
2. *so tai* – ryuo ken 1 (defence from left), tenchi ken 2 (defence from left)

random

- 5 goho & 5 juho

kumi embu

dan 3

1. gedan gaeshi – ren hanko
2. chudan gaeshi – ren hanko
3. konoha okuri
4. ryo nage or soto maki tembin
5. mikazuki gaeshi or suigetsu gaeshi
6. sokuto geri hiki ashi nami gaeshi
7. sode maki or sode maki gaeshi
8. okuri tsuki taoshi or koshi kujiki
9. hangetsu gaeshi sukui kubi nage
10. kiri kaeshi gote or kiri kaeshi nage

application

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

kihon

dan 3

- *tai-sabaki* – han-tensin, gyaku-tenshin
- *umpo ho* – nisoku-tenkai
- *kogi* – tenkai ren-geri, kari-taoshi
- *bogi* – sukui-uke, sambo-uke
- *shuho* – kubi-jime shuho

hokei

dan 3

• *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, keru ten 3, tsuki ten 3

[*dan 2*] – gyaku ten 1, tai ten 1

[*dan 3*] – keru 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

- **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

- **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 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

- **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

kata

ryu no kata

- gyaku gote form of ryuo ken 1

ryuo ken 1

- kote nuki tan en: *migi chudan gamae*
- **ichi, ni:** sashi kae ashi (*left*), kagi te shuho (*right*), ura te uchi (*left, from chudan gamae*)
- **san, shi:** mae yose ashi (*right*), ko-te nuki (*right*), ura ken (*to sango and yongo*)
- **go:** kani ashi (*right*), hidari chudan choku zuki
- **roku, shichi:** fumikomi ashi (*left*), yoko furimi (*left*), migi jodan choku zuki, [migi ichiji gamae], yoko kagi ashi (*left*), migi mawashi geri, juji ashi sagari
- **hachi:** migi hiraki sagari, hidari shita uke, [hidari ichiji gamae, zanshin]
- **ku:** mae yose ashi (*right*), [kesshu dachi]

terminology

orientation

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