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shorinji kempo

sk.eliens.net

terminology

- *ichi, ni, san, shi, go, roku, shichi, hachi, ku, ju*
- count*
- *shugo* – row up!
 - *seirets* – straight line!
 - *sensei* – master, teacher
 - *ken-shi* – shorinji kempo students
 - *lei* – salutation
 - *naole* – arms down!
 - *lenshu-o-hajime-masu* – salutation from sensei to kensshi
 - *onegai-shimasu* – salutation from kensshi to sensei
 - *lenshu owarime-masu* – salutation from sensei (at end of lesson)
 - *arigato goza-imashita* – thanking for lesson
 - *gasho* – salutation or greeting
 - *chiyakuza (tjakza)* – sit down! (zazen way)
 - *me-moku* – close eyes!
 - *chosoku* – control breathing!
 - *kiritsu* – stand up!
 - *kesshu* – hands down (lock thumbs, fold)
 - *hai* – yes!
 - *yoi* – be ready!
 - *kamae* – take position!
 - *hajime* – start!
 - *yame* – stop!
- etiquette*
- *happo moku* – look at opponent!
 - *hidari-mae chudan gamae* – left front, fist
 - *hidari-mae ichiji gamae* – left front, open hand
 - *midai-mae chudan gamae* – right front, fist
 - *migi-mae ichiji gamae* – right front, open hand
 - *dai sharin* – cart wheel
 - *mae ukemi* – roll forwards
 - *ushiro ukemi* – roll backwards
 - *seitai gamae* – stance with partner
 - *tai gamae* – symmetric stance (L/L or R/R)
 - *hiraki gamae* – mirror stance (L/R or R/L)
 - *mawashi geri* – round kick
 - *sokuto geri* – side kick
 - *sei-ken* – fist
 - *ura-ken* – back of fist
 - *hira-ken* – open side of fist
 - *sho-ken* – under side of fist (hammer)
 - *shuto* – under side of open hand (knife)
 - *kumade* – punch with open hand (fingers closed)
 - *harai-uke* – defense with lower arm
 - *uchi harai-uke* – with lower arm and fist
 - *yoko juji-uke* – with two arms crossed
- shorinji kempo*
- *goho* – hard techniques
 - *seiho* – healing techniques
 - *juho* – soft techniques
- seiho*
- 1. *seikei* – balancing the central meridians
 - 2. *seimyaku* – balancing the peripheral meridians
 - 3. *seikotsu* – correcting bone positions
 - 4. *kappo* – resuscitation
- goho*
- 1. *tsuki waza* – strikes
 - 2. *uchi waza* – hammers
 - 3. *kiri waza* – cutting
 - 4. *keri waza* – kicks
 - 5. *kari waza* – reaping
 - 6. *fumi waza* – stamps
 - 7. *tai gi* – body techniques
 - 8. *bogi* – defenses
 - 9. *dokko den* – weapon techniques
 - 10. *nyoi den* – short rod techniques
 - 11. *kongo den* – stick and short staff techniques
- juho*
- 1. *gyaku waza* – joint reverses
- kihon*
- *tai gamae* – stances
 - *tai sabaki* – body motion
 - *sokui ho* – foot and leg placement
 - *unpo ho* – foot and leg movement
 - *kogi* – attack techniques
 - *bogi* – defence techniques
 - *shuho* – defence methods
- basics*
- *kiso zuki* (kisjoski) – basic techniques
 - *kaisoku chudan gamae* – basic stance (two fists)
 - *me-uchi* – eye whip
 - *jodan zuki* – punch head
 - *chudan zuki* – punch chest
 - *gedan zuki* – punch down
 - *kinteki geri* – kick to groin
 - *mae geri chudan* – front kick to chest
 - *uwa-uke* – defend high (jodan zuki)
 - *shita-uke* – defend middle (chudan zuki)

2. *nage waza* – throws
3. *katame waza* – pins
4. *shime waza* – chokes
5. *tori waza* – arrests
6. *o-atsu waza* – pressure techniques
7. *nuki teho* – hand releases
8. *nuki miho* – escapes
9. *bakuho* – binding methods

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

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

- *atemi* – striking, offense
- *dori* – grip, lock
- *gaeshi* – return
- *geri* – kick
- *gote* – twist
- *idori* – kneeling
- *jime* – strangle
- *kagi-te* – open hand
- *kiri* – cut
- *maki* – wrap, bind up
- *nage* – throw
- *nuki* – escape
- *tanto tori* – knife attack(s)
- *uke* – block
- *ukemi* – roll
- *zuki* – punch

- *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

attacks

orientation

- *fukudoku-hon* (textbook WSKO, 1995)
- *live half for yourself, half for others* (WSKO)
- *give me leaders, not followers* (WSKO)
- *kamoku* (WSKO, 1981)
- *primary curriculum* (WSKO, 1996)
- tokyo university site
- online resources (www.shorinjikempo.nl)
- www.shorinjikempo.or.jp

material

actions

parts

kyu 6

gakka

kyu 6

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. *unpo 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)

kamoku

kyu 6

- **nio ken** :
[kyu 6] – ryusui geri (ushiro), uwa uke zuki (omote, ura), uchi uke zuki (ura), tenshin geri
- **ryuo ken** :
[kyu 6] – kote nuki
- **kongo ken** :
[kyu 6] – ude juji gatame

kata

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]

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 - *chosoku* – control breathing!
 - *kiritsu* – stand up!
 - *kesshu* – hands down (lock thumbs, fold)
 - *hai* – yes!
 - *yoi* – be ready!
 - *kamae* – take position!
 - *hajime* – start!
 - *yame* – stop!
- kimon
- *tai gamae* – stances
 - *tai sabaki* – body motion
 - *sokui ho* – foot and leg placement
 - *unpo ho* – foot and leg movement

- *kogi* – attack techniques
- *bogi* – defence techniques
- *shuho* – defence methods

basics

- *kiso zuki* (kisjoski) – basic techniques
- *kaisoku chudan gamae* – basic stance (two fists)
- *me-uchi* – eye whip
- *jodan zuki* – punch head
- *chudan zuki* – punch chest
- *gedan zuki* – punch down
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- *uwa-uke* – defend high (jodan zuki)
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- *hidari-mae ichiji gamae* – left front, open hand
- *midi-mae chudan gamae* – right front, fist
- *migi-mae ichiji gamae* – right front, open hand
- *dai sharin* – cart wheel
- *mae ukemi* – roll forwards
- *ushiro ukemi* – roll backwards
- *seitai gamae* – stance with partner
- *tai gamae* – symmetric stance (L/L or R/R)
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- *mawashi geri* – round kick
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- *sei-ken* – fist
- *ura-ken* – back of fist
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shorinji kempo

- *goho* – hard techniques
- *seiho* – healing techniques
- *juho* – soft techniques

goho

1. *tsuki waza* – strikes
2. *uchi waza* – hammers
3. *kiri waza* – cutting
4. *keri waza* – kicks

5. *kari waza* – reaping
6. *fumi waza* – stamps
7. *tai gi* – body techniques
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9. *dokko den* – weapon techniques
10. *nyoi den* – short rod techniques
11. *kongo den* – stick and short staff techniques

juho

1. *gyaku waza* – joint reverses
2. *nage waza* – throws
3. *katame waza* – pins
4. *shime waza* – chokes
5. *tori waza* – arrests
6. *o-atsu waza* – pressure techniques
7. *nuki teho* – hand releases
8. *nuki miho* – escapes
9. *bakuho* – binding methods

actions

- *atemi* – striking, offense
- *dori* – grip, lock
- *gaeshi* – return
- *geri* – kick
- *gote* – twist
- *idori* – kneeling
- *jime* – strangle
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- *tanto tori* – knife attack(s)
- *uke* – block
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- *zuki* – punch

orientation

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

kyu 5

gakka

kyu 5

1. how to study the technical and philosophical teachings
2. systems of trainings

techniques

basic

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

hokei (so-tai)

1. tenchi ken dai 1 (right & left)
2. ryuo ken dai 1 (right & left)
3. ryusui geri (mae, right & left)
4. uwa uke zuki (ura, right & left)
5. uwa uke zuki (omote, right & left)
6. shita uke geri (right & left)
7. shita uke jun geri (right & left)
8. katate yori nuki (right & left)
9. maki nuki (katate, right & left)
10. gyaku gote, mae yubi gatamae (right & left)

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 keru age
- **hachi**: migi hiraki sagari, hidari shita uke, hidari ichiji gamae; zanshin
- **ku**: migi mae yose ashi, [kesshu dachi]

ryuo ken 1

- kote nuki tan en: *migi chudan gamae*
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- **san, shi**: mae yose ashi (*right*), ko-te nuki (*right*), ura ken (*to sango and yongo*)
- **go**: kani ashi (*right*), hidari chudan choku zuki
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- **hachi**: migi hiraki sagari, hidari shita uke, [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, keru age (*left*), ichiji gamae, zanshin.
- **go, roku**: yoko kagi ashi, zen tenkan; (migi) gedan gamae, chudan gamae
- *repeat with right side.*

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kihon

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kyu 4

gakka

1. what is true strength?
2. key attitudes towards training

techniques

kyu 4

1. *etiquette & manners*: shugo seiretsu, kesshu, gassho rei, chosoku, happo moku, (clothing, attitude, word use)
2. *tai gamae* – chudan gamae, hasso gamae, ichiji gamae
3. *tai sabaki* – zen tenkan, han tenkan, hiraki sagari, jun sagari
4. *umpo ho* – chidori ashi, kani ashi, juji ashi, kumo ashi
5. *ukemi* – mae ukemi, ushiro ukemi, dai sharin, oten yori okiagari

basic

offence & defense

1. *offence*: (kaisoku dachi) me uchi, kinteki geri, furiko zuki, gedan zuki, shuto uchi, keru age, jo chu niren zuki
2. *offence*: (right & left) jun zuki, gyaku zuki, jun geri, gyaku geri, sashi komi mawashi geri, sashi kae sokuto geri
3. *defense*: (kaisoku dachi) uwa uke, uchi uke, shita uke, soto uke, uchi age uke, uchi harai uke
4. *moving*: zenshin zuki (jun, gyaku), zenshin geri (jun, gyaku), hiraki sagari, jun geri
5. *pair form*: chudan zuki & shita uke, jo chu niren zuki & ren uke
6. *tan en* – tenchi ken 1-2 (right & left),
7. *so tai* – tenchi ken 1
8. *tan en* – ryuo ken 1
9. *so tai* – ryuo ken 1
10. *tan en* – giwa ken 1

hokei (so-tai)

1. soto uke zuki (ura & omote, right & left)
2. soto uke geri (ura & omote, right & left)
3. uchi age zuki (ura & omote, right & left)
4. uchi age geri (ura & omote, right & left)
5. tsuki nuki (soto, right & left)
6. tsuki nuki (uchi, right & left)
7. kiri nuki (soto, right & left)
8. kiri nuki (uchi, right & left)
9. katate okuri gote → okuri gatamae (right & left)
10. okuri maki tembin (right & left)

kihon

kyu 3

- *sokui-ho* – kaisoku-dachi, heisoku-dachi, gyaku-choji-dachi, kunoji-dachi, kokutsu-dachi, heima-dachi, kiba-dachi, fukko-dachi
- *umpo-ho* – mae chidori-ashi, ushiro chidori-ashi, mae yori-ashi, ushiro yori-ashi, kani-ashi, juji-ashi
- *fujin-ho* – seitai-gamae, tai-gamae, hiraki-gamae
- *tai-gamae* – gassho-gamae, byakuren chudan gamae, kesshu-gamae, ichiji-gamae, chudan-gamae, hasso-gamae, gedan-gamae, fukko-gamae
- *tai-sabaki* – hiraki-sagari, jun-sagari, yoko-furimi, ryusui, han-tenkan, zen-tenkan, 3-soku hantenshin, sashikae-irimi, chidori-irimi
- *ukemi* – mae ukemi, ushiro-ukemi, dai-sharin, oten yori oki-agari
- *kogi* – furiko zuki, jun-zuki, gyaku-zuki, 2-ren zuki, yoko kagi-zuki, urate-uchi, uraken uchi, shuto-giri, shuto-uchi, kumade-zuki, gedan-zuki, jun-geri, gyaku-geri (keri-age, mawashi-geri, sokuto-geri, kinteki-geri)
- *bogi* – uwa-uke, uchi-uke, shita-uke, harai-uke, soto-uke, 2-rembo, ryusui-uke, furimi-uke
- *shuho* – kagite-shuho, tsuitate-shuho

hokei

kyu 4

- ***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)
- ***sango ken*** :
[kyu 5] – shita uke geri, shita uke jun geri
- ***ryuo ken*** :
[kyu 6] – kote nuki
[kyu 5] – katate yori nuki, maki nuki (katate)
[kyu 4] – tsuki nuki (soto, uchi), kiri nuki (soto, uchi)
- ***ryuka ken*** :
[kyu 5] – gyaku gote
[kyu 4] – okuri gote (katate), okuri maki tembin
- ***kongo ken*** :
[kyu 6] – ude juji gatame
[kyu 5] – mae jubi gatame
[kyu 4] – okuri gatame

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 keru 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 chudan zuku (*right*), chudan gyaku zuki (*left*)
- **roku, shichi:** jun sgarai (*left*), uchi uke (*right*), uchi otoshi uke, soto uke (*left*), nio uke (*nio gamae*), keru age (*right*)
- **hachi:** hiraki sagari (*right*), shita uke (*left*), hidari ichiji gamae; zanshin.
- **ku:** mae yose ashi (*right*), [kesshu dachi]

terminology

kihon

- *tai gamae* – stances
- *tai sabaki* – body motion
- *sokui ho* – foot and leg placement
- *unpo ho* – foot and leg movement
- *kogi* – attack techniques
- *bogi* – defence techniques
- *shuho* – defence methods

basics

- *kiso zuki* (kisjoski) – basic techniques
- *kaisoku chudan gamae* – basic stance (two fists)
- *me-uchi* – eye whip
- *jodan zuki* – punch head
- *chudan zuki* – punch chest
- *gedan zuki* – punch down
- *kinteki geri* – kick to groin

- *mae geri chudan* – front kick to chest
- *uwa-uke* – defend high (jodan zuki)
- *shita-uke* – defend middle (chudan zuki)
- *happo moku* – look at opponent!
- *hidari-mae chudan gamae* – left front, fist
- *hidari-mae ichiji gamae* – left front, open hand
- *midi-mae chudan gamae* – right front, fist
- *migi-mae ichiji gamae* – right front, open hand
- *dai sharin* – cart wheel
- *mae ukemi* – roll forwards
- *ushiro ukemi* – roll backwards
- *seitai gamae* – stance with partner
- *tai gamae* – symmetric stance (L/L or R/R)
- *hiraki gamae* – mirror stance (L/R or R/L)
- *mawashi geri* – round kick
- *sokuto geri* – side kick
- *sei-ken* – fist
- *ura-ken* – back of fist
- *hira-ken* – open side of fist
- *sho-ken* – under side of fist (hammer)
- *shuto* – under side of open hand (knife)
- *kumade* – punch with open hand (fingers closed)
- *harai-uke* – defense with lower arm
- *uchi harai-uke* – with lower arm and fist
- *yoko juji-uke* – with two arms crossed

actions

- *atemi* – striking, offense
- *dori* – grip, lock
- *gaeshi* – return
- *geri* – kick
- *gote* – twist
- *idori* – kneeling
- *jime* – strangle
- *kagi-te* – open hand
- *kiri* – cut
- *maki* – wrap, bind up
- *nage* – throw
- *nuki* – escape
- *tanto tori* – knife attack(s)
- *uke* – block
- *ukemi* – roll
- *zuki* – punch

attacks

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

kyu 3

gakka

kyu 3

1. shorinji kempo is a discipline that develops individuals
2. distinguishing characteristics of shorinji kempo (*ken zen ichi nio, riki ai fu ni*)
3. the five elements of atemi
4. kinds of kihon in shorinji kempo

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, keru 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 zuki (jun, gyaku), zenshin geri (jun, gyaku), hiraki sagari & jun geri
6. *tan en* – tenchi ken 1-4 (right & left), ryo ken 1 (right & left), giwa ken 2
7. *so tai* – tenchi ken 2, giwa ken 1

goho

1. uchi uke zuki
2. shita uke geri
3. uwa uke zuki
4. ryusui geri
5. uwa uke geri

juho

1. ude juji tate gassho gatame
2. kote nuki ura ken, chudan zuki
3. gyaku gote mae yubi gatame
4. katate yori nuki
5. ryote yori nuki

kumi embu

kyu 3

1. tenchi ken dai ikkei (paired form)
2. ryusui geri (ushiro)
3. ryote yori nuki
4. ryuo ken dai ikkei (paired form)
5. uwa uke zuki (omote)
6. gyaku gote → mae yubi gatamae

application

1. *goho* – offense: single straight punches to jodan and chudan ; counter offenses are allowed and both persons can attack.
2. *juho* – offense: grabbing inner or outer wrist of single hand; defense: nuki waza or gyaku waza

kihon

kyu 3

- *sokui-ho* – kaisoku-dachi, heisoku-dachi, gyaku-choji-dachi, kunoji-dachi, kokutsu-dachi, heima-dachi, kiba-dachi, fukko-dachi
- *umpo-ho* – mae chidori-ashi, ushiro chidori-ashi, mae yori-ashi, ushiro yori-ashi, kani-ashi, juji-ashi
- *fujin-ho* – seitai-gamae, tai-gamae, hiraki-gamae
- *tai-gamae* – gassho-gamae, byakuren chudan gamae, kesshu-gamae, ichiji-gamae, chudan-gamae, hasso-gamae, gedan-gamae, fukko-gamae
- *tai-sabaki* – hiraki-sagari, jun-sagari, yoko-furimi, ryusui, han-tenkan, zen-tenkan, 3-soku hantenshin, sashikae-irimi, chidori-irimi
- *ukemi* – mae ukemi, ushiro-ukemi, dai-sharin, oten yori oki-agari
- *kogi* – furiko zuki, jun-zuki, gyaku-zuki, 2-ren zuki, yoko kagi-zuki, urate-uchi, uraken uchi, shuto-giri, shuto-uchi, kumade-zuki, gedan-zuki, jun-geri, gyaku-geri (keri-age, mawashi-geri, sokuto-geri, kinteki-geri)
- *bogi* – uwa-uke, uchi-uke, shita-uke, harai-uke, soto-uke, 2-rembo, ryusui-uke, furimi-uke
- *shuho* – kagite-shuho, tsuitate-shuho

kamoku

kyu 3 (goho)

1. ryusui geri (ushiro ryusui)
2. tenshin geri
3. uchi uke zuki
4. uwa uke zuki
5. uwa uke geri
6. shita uke geri

1. kote nuki [uraken, chudan zuki]
2. katate yori nuki
3. katate maki nuki
4. tsuki nuki (soto, uchi)
5. kiri nuki (soto, uchi)
6. juji nuki (katate)
7. oshi nuki (katate)

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 keru age
- **hachi:** migi hiraki sagari, hidari shita uke, hidari ichiji gamae; zanshin
- **ku:** migi mae yose ashi, [kesshu dachi]

kyu 3 (juho: gyaku waza)

1. gyaku gote (mae yubi gatame)

hokei

kyu 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
- **sango ken :**
 [kyu 5] – shita uke geri, shita uke jun geri
 [kyu 3] – juji uke geri
- **tenno ken :**
 [kyu 3] – tsuki ten 1
- **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
- **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)
- **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

giwa ken 2

- *hidari chudan gamae*
- **ichi, ni, san:** mae chidori ashi (*left*), uchi uke (*left*), yoko furimi, chudan gyaku zuki (*right*), gyaku geri (*right*)
- **shi, go:** jun sagari, shita uke (*left*), keru age (*left*), [hidari ichiji gamae, zanshin]
- **roku, shichi:** han tenkan (*right*), chudan gamae
- *repeat until original facing*

terminology

actions

- *atemi* – striking, offense
- *dori* – grip, lock
- *gaeshi* – return
- *geri* – kick
- *gote* – twist
- *idori* – kneeling
- *jime* – strangle
- *kagi-te* – open hand
- *kiri* – cut
- *maki* – wrap, bind up
- *nage* – throw
- *nuki* – escape
- *tanto tori* – knife attack(s)
- *uke* – block
- *ukemi* – roll
- *zuki* – punch

attacks

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

kyu 2

gakka

kyu 2

1. distinguishing characteristics if shorinji kempo (*shu shu ko ju, fusatsu katsu nin*)
2. in chinkon practice
3. on mind, ki and strength
4. history and foundation of shorinji kempo

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, keru 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 zuki (jun, gyaku), zenshin geri (jun, gyaku), hiraki sagari & jun geri, chudan zuki & shita uke, jo chu niren zuki & ren uke (paired form)
6. *tan en* – tenchi ken 1-4 (right & left), ryo ken 1 (right & left), giwa ken 1-2
7. *so tai* – tenchi ken 2, ryuo ken 1

kata

1. tenchi ken dai 2 (sotai)

random

- 5 goho & 5 juho

kumi embu

kyu 2

1. tsuki ten ichi ren hanko
2. han tenshin geri ren hanko
3. katate okuri gote, okuri yoko tembin, ura gatame
4. kiri gote (katate)
5. tenchi ken dai niki (paired form)
6. johaku dori (ryote)

application

1. *goho* – offense tan or ni ren with tsuki and keru or tsuki and tsuki; counter offenses are allowed and both persons can attack.
2. *juho* – offense: katate and ryote; defense: nuki waza or gyaku waza

kihon

kyu 2

- *sokui-ho* – mae kagi ashi dachi
- *umpo-ho* – kumo ashi (mae, ushiro), sashi komi ashi, sashi kae ashi
- *tai-sabaki* – kusshin
- *kogi* – furi zuki, yoko hiji ate, shoken uchi, dan zuki (me-uchi & chudan zuki), sashi-komi geri, sashi-kae geri
- *bogi* – soto oshi uke, uchi-age uke

kamoku

kyu 2 (goho)

1. soto oshi uke zuki
2. kusshin zuki
3. kusshin geri
4. uchi uke geri
5. ryusui geri (mae, against shuto uchi)
6. uchi age zuki
7. uchi age geri

kyu 2 (juho: nuki waza)

1. yori nuki (ryote)
2. tsuki nuki (ryote)
3. maki nuki (ryote)
4. juji nuki (ryote)
5. gassho nuki
6. johaku nuki
7. nidan nuki
8. hiji nuki mae tembin

kyu 2 (juho: gyaku waza)

1. katate okuri dori yubi dori, ura gatame)
2. okuri gote (maki tembin)
3. johaku dori & johaku maki
4. sei juji gote (katate)
5. gyaku gote (ura gaeshi, ura gatame)

hokei

kyu 2

- **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
- **tenno ken** :
[kyu 3] – tsuki ten 1
[kyu 2] – konten 1
- **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
- **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)
- **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
- **rakan ken** :
[kyu 2] – johaku dori (katate, ryote)

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 keru 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*), keru age (*right*)
- **hachi:** hiraki sagari (*right*), shita uke (*left*), hidari ichiji gamae; zanshin.
- **ku:** mae yose ashi (*right*), [kesshu dachi]

terminology

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

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, keru 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), kusshin zuki, kusshin geri, kusshin 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, keru 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 keru 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 zuki (*right*), chudan gyaku zuki (*left*)

- **roku, shichi**: jun sgarai (*left*), uchi uke (*right*), uchi otoshi uke, soto uke (*left*), nio uke (*nio gamae*), keru 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, keru 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

dan 1

gakka

dan 1

1. shorinji kempo is a discipline that develops individuals
2. six distinguishing characteristics of shorinji kempo
3. key attitudes towards training
4. the five elements of atemi
5. systems of training
6. kisei and kiai
7. timing and distance during offenses and defences
8. discuss about true strength

essay

1. what is true strength?
2. your motives for starting shorinji kempo and your present state of mind

techniques

basic: dan 1

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:* dai sharin, mae ukemi, ushiro ukemi, oten yori okiagari
3. *basic offense techniques:* (kaisoku dachi) furiko zuki, shuto uchi, kumade zuke, keru age; (right and left sides) jo chu niren zuki, jo chu mawashi geri, ren geri, sashi kae sokuto geri
4. *basic defense techniques:* uwa uke (tsuki), uchi uke (tsuki), shita uke (keru), soto uke (tsuki), uchi age uke (keru), uchi harai uke (keru)
5. *offenses and defenses while moving:* zenshin tsuki keru (jo chu niren zuki, jo chi mawashi geri), hiraki sagari and ren uke
6. *tan en* – tenchi ken 1, tenchi ken 2; tenchi ken 3, tenchi ken 4, tenchi ken 5, tenchi ken 6, byakuren ken 1
7. *so tai* – tenchi ken 1, tenchi ken 2, giwa ken dai 1, ryuo ken dai 1

random: dan 1

- 5 goho & 5 juho

kumi embu

dan 1

1. harai uke geri & tsuki ten san
2. gyaku geri hiza uke name gaeshi & tsuki ten ichi

3. morote kiri gote (attack: ude ushiro neji age)
4. morote oshi nuki (attack: gyaku tembin)
5. chidori gaeshi kari ashi
6. kote maki gaeshi (continue: kannuki gatame)

application

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

kihon

kihon: dan 1

- *kogi* – tobi ren geri
- *bogi* – san rembo

kamoku

dan 1 (goho)

1. tsuki ten san
2. keru ten san

dan 1 (juho)

1. sode nuki
2. sode dori
3. sode maki
4. sode maki tembin
5. eri juji
6. ude juji
7. kiri gote (katate, morote)
8. maki gote (katate, morote)
9. oshi gote (ryote)
10. morote maki nuki (from: ippon se nage)
11. wa nuki (from: ippon se nage)
12. morote okuri gote (from: ippon se nage)
13. ude maki or sode dori (against collar and sleeve grab)

hokei

dan 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, keru ten 3, tsuki ten 3
- **byakuren ken** :
 - [*kyu 1*] – tsubame gaeshi, chidori gaeshi
- **chio ken** :
- **kakuritsu ken** :
 - [*dan 1*] – kinteki geri hiza uke, gyaku geri hiza uke, mawashi geri sambo uke
- **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)
- **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)
- **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 5

- *migi ichiji gamae*
- **ichi, ni**: uchi harai uke (*right*), keru age (*right*)
- **san, shi**: mae kagi ashi dachi (*right*), uchi harai uke (*left*), [ichiji gamae], taka geri (*left*), [fuji komi]
- **go, roku**: mae kagi ashi dachi (*left*), uchi harai uke (*right*), sokuto geri, tsuruashi dachi
- **shichi, hachi**: jodan choku zuki (*right*), soto uke (*right*), chudan gyaku zuki (*left*)
- **ku**: uchi harai uke (*right, closed*), [gedan gamae]
- **ju**: yoko kagi ashi, uchi harai uke (*left, open*), zen tenkan, [hidari ichiji gamae, zanshin]
- **ju-icho**: mae yose ashi, [kesshu dachi]

tenchi ken 6

- *hidari ichiji gamae*
- **ichi, ni**: mae yose ashi (*right*), uchi harai (*left*), yoko geri (*left*), [ichiji gamae (*left*)]
- **san, shi**: juji ashi (*left crosses right*), uchi harai (*right*), soto uke (*left*), yoko geri (*right*), [tsuru ashi dachi]
- **go, roku, shichi**: jodan choku zuki (*right*), chudan gyaku zuki (*left*), [kokutsu dachi], jodan modori zuki (*right*)
- **hachi, ku**: keru age (*right*), hidari han tenkan, uchi harai uke (*left*), [hidari ichiji gamae, zanshin]
- **ju**: mae yose ashi, [kesshu dachi]

byakuren ken 1

- *hidari taiki gamae*
- **ichi, ni, san**: chidori ashi (*left*), uchi uke (*left*), shuto giri (*left*), chudan choku zuki (*right*)
- **shi, go**: jun sagari (*right*), shita uke (*left*), keru age (*left*)
- **roku, shichi**: yoko kagi ashi, zen tenkan; (migi) taiki gamae
- *repeat with right side, finish with hidari ichiji gamae*

terminology

attacks

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

dan 2

gakka

- home work:
 1. describe shorinji kempo as a discipline (gyo) that develops
 2. the symbols and activities of shorinji kempo individuals
 - basic subjects:
 1. the six distinguishing characteristics of shorinji kempo
 2. motivation and goals for the founding of shorinji kempo
 - from tokuhon
 1. the three techniques of ken
 2. the three essentials of ken
 3. the technical principles of shorinji kempo practice
 - questions:
 1. the practice of chinkon
 2. the classification system of shorinji kempo techniques
 3. mind, ki and strength
- essay*
1. describe shorinji kempo as a discipline (gyo) that develops individuals

techniques

basic: dan 2

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*: dai sharin, mae ukemi, ushiro ukemi, oten yori okiagari
3. *basic offense techniques*: (kaisoku dachi) furiko zuki, shuto uchi, kumade zuke, keri age; (right and left sides) jo chu niren zuki, jo chu mawashi geri, ren geri, sashi kae sokuto geri
4. *basic defense techniques*: uwa uke (tsuki), uchi uke (tsuki), shita uke (keri), soto uke (tsuki), uchi age uke (keri), uchi harai uke (keri)
5. *offenses and defenses while moving*: zenshin tsuki keri (jo chu niren zuki, jo chi mawashi geri), hiraki sagari and ren uke

6. *tan en* – tenchi ken 1, tenchi ken 2; tenchi ken 3, tenchi ken 4, tenchi ken 5, tenchi ken 6, byakuren ken 1
7. *so tai* – tenchi ken 1, tenchi ken 2, giwa ken dai 1, ryuo ken dai 1

random: dan 2

- 5 goho & 5 juho

kumi embu

dan 2

1. tai ten 1 & keri ten san – (defense) 3 ren ko: jodan, chudan zuki, mawashi geri
2. jun geri chi 3 & tsuki ten 2 – (defense) 2 tsuki to jodan
3. ryu nage → ryu gatamae
4. morote gyaku gote – (offense) ippon se nage
5. shita uke geri kote nage → tembin gatamae (ura)
6. uwa uke nage → kannuki gatamae

application

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

kihon

dan 2

- *sokui-ho* – neko-ashi
- *tai-gamae* – taiki gamae, gyaku gedan-gamae
- *kogi* – hebi-zuki (snake strike), kaeshi geri, kari-ashi
- *bogi* – hiza-uke, ken-uke

hokei

dan 2

- *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
- *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?

- **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
- **byakuren ken** :
 [kyu 1] – tsubame gaeshi, chidori gaeshi
 [dan 2] – harai uke dan zuki
- **chio ken** :
 [dan 2] – jun geri chi 1, gyaku geri chi 1, harai uke chi 2, jun geri chi 3, gyaku geri chi 3
- **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)
- **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
- **goka ken** :
 [dan 2] – uwa uke nage, uwa uke gyakute nage, hiki tembin, gyaku 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
- **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,

kata

ko manji ken (manji no kata)

- *uchi otoshi (right, closed), migi gedan gamae*
- *ichi, ni, san:* sashi kae ashi (*left*), soto uke (*right*), jodan zuki (*left*); chudan gyaku dachi (*right*), [zenkutsu dachi]; shita uke (*left*), [ichiji gamae, kokutsu dachi]
- *shi, go, roku:* uchi uke (*left*), chudan gyaku zuki, gyaku geri (*right*)
- *shichi, hachi:* [kokutsu dachi], shita uke (*left*), [hidari ichiji gamae], migi ken uke
- *ku:* yoko kagi ashi (*left*), migi han tenkan, migi uchi otoshi, [migi gedan gamae, zanshin]
- *repeat until original facing, optionally in combination with ryo-o-ken or tan-en embu of ryu-kei techniques*

terminology

orientation

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

dan 3

gakka

- home work:
 1. describe the six distinguishing characteristics of shorinji kempo
 2. describe the history and founding of shorinji kempo
- basic subjects:
 1. the history and founding of shorinji kempo
- from tokuhon
 1. on sen (initiative)
 2. ma'ai and opportunities for offense and defense
 3. shorinji kempo symbols and activities
- questions:
 1. pressure points of the head, face and neck (22 points)
 2. pressure points of the arm and hand (15 points)
 3. pressure points of the leg and foot (21 points)
 4. pressure points of the chest and stomach (12 points)

dan 3

essay

1. describe the six distinguishing characteristics of shorinji kempo

techniques

basic: dan 3

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*: dai sharin, mae ukemi, ushiro ukemi, oten yori okiagari
3. *basic offense techniques*: (kaisoku dachi) furiko zuki, shuto uchi, kumade zuke, keri age; (right and left sides) jo chu niren zuki, jo chu mawashi geri, ren geri, sashi kae sokuto geri
4. *basic defense techniques*: uwa uke (tsuki), uchi uke (tsuki), shita uke (keri), soto uke (tsuki), uchi age uke (keri), uchi harai uke (keri)
5. *offenses and defenses while moving*: zenshin tsuki keri (jo chu niren zuki, jo chi mawashi geri), hiraki sagari and ren uke
6. *tan en* – tenchi ken 1 - 6, giwa ken dai 1 & 2, byakuren ken 1, ko manji ken (2: ryo ken dai 1, 4: ryu no kata)

7. *so tai* – tenchi ken 1, tenchi ken 2, giwa ken dai 1

random: dan 3

- 5 goho & 5 juho

kumi embu

dan 3

1. kusshin geri ten kai ren geri
2. mikazuki gaeshi kari ashi
3. morote kiri kaeshi nage – (offense) ude ushiro neji nage
4. ryote katate nage → kannuki gatamae
5. keriten 1 sukui nage
6. sode maki gaeshi → kannuki gatamae – (offense) ashi barai

application

1. *goho* – free randori
2. *juho* – offense: grab wrist, sleeve or collar; defense: ryuo ken, ryuka ken, rakan ken

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

dan 4

gakka

- home work:
 1. describe the motive and purpose of founding shorinji kempo and its organization
 2. describe what you have gained in training shorinji kempo

dan 4

essay

1. describe the purpose of founding shorinji kempo based on the founder's experience
2. describe the goals of shorinji kempo and its training method
3. describe the pain of living and the way to resolve that pain
4. describe the spirituality of humans

techniques – practice

basic: dan 4

1. *tai gamae, tai sabaki* :
[tai gamae] – chudan gamae, hasso gamae, ichiji gamae gedan gamae, hasso gamae, taiki gamae, midare gamae
[tai sabaki] – zen tenkan, han tenkan, jun sagari, hiraki sagari
[umpo ho] – chidori ashi, kani ashi, juji ashi, kumo ashi
byakuren hachijin, giwa kyujin
 2. *tan en* – tenchi ken 1 - 6, giwa ken dai 1 & 2, byakuren ken 1, ko manji ken (2: ryo ken dai 1, 4: ryu no kata)
 3. *so tai* – tenchi ken 1, tenchi ken 2, giwa ken dai 1
- 5 goho & 5 juho
 1. sango ken or ten'o ken
 2. byakuren ken
 3. kakaritsu ken or chio ken
 4. ryuo ken
 5. ryaku ken

random: dan 4

kumi embu

dan 4

1. gedan gaeshi → tobi ren geri
2. chudan gaeshi → uchi uke zuki
3. kubi jime shuho juji nage
4. maki komi gote
5. oshi uke maki nage
6. hangetsu gaeshi sukui kubi nage, fukko chi ni

application

1. *goho* – free randori
2. *juho* – offense: grab wrist, sleeve or collar; defense: ryuo ken, ryuka ken, rakan ken and counterattack

kihon

dan 4

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

hokei

dan 4

- *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
[*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

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

- **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, gassho katate nage, kannuku soto tembin, tembin 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

- **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

terminology

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

dan 5

gakka

dan 5

- 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

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

basic

1. ...

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), kushshin zuki, kushshin geri, kushshin 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, ryote), 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, jinchu 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

hokei

hokei

- *nio ken* – single counter attack
- *sango ken* – hand as guard, counter attack with kick
- *tenno ken* – defense and counter attack triggered by punch
- *byakuren ken* – guarding hand or arm is used for counter attack
- *kakuritsu ken* – sequence of guarding against kicks and counter attack with kick
- *chio ken* – defense and counter attack triggered by kick
- *kongo ken* – lock and hold opponent
- *ryuo ken* – techniques for escaping from holds
- *ryuka ken* – ryuo ken techniques for throwing
- *rakan ken* – techniques based on traditional juho forms
- *goka ken* – throwing techniques, some guarding against goho

goho

nio ken

single counter attack

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

hand as guard, counter attack with kick

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

defense and counter attack triggered by punch

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

guarding hand or arm is used for counter attack

kyu 1 – tsubame gaeshi, chidori gaeshi

dan 2 – harai uke dan zuki

dan 3 – hangetsu gaeshi (sukui kubi nage), suigetsu gaeshi, mika zuki gaeshi

kakuritsu ken

sequence of guarding against kicks and counter attack with kick

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

chio ken

single counter attack

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

juho

kongo ken

lock and hold opponent

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

ryuo ken

techniques for escaping from holds

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

techniques for throwing

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

rakan ken

techniques based on traditional juho forms

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 tambin, sode maki gaesho ura, okuri eri dori omote, shikumi nai tembin, kubi jume nage omote, tora daoshi, hasami daoshi, fukko daoshi

goka ken

throwing techniques, some guarding against goho

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

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 keru 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*), keru age (*right*)
- **hachi**: hiraki sagari (*right*), shita uke (*left*), hidari ichiji gamae; zanshin.
- **ku**: mae yose ashi (*right*), [kesshu dachi]

tenchi ken 3

- *hidari ichiji gamae*
- **ichi, ni, san**: hidari mae chidori ashi, jodan yoko furi zuki, chudan gyaku zuki (30%) mawashi geri (60%)
- **shi, go**: mae chidori ashi (*right*), shuto giri (*right*), chudan gyaku zuki (*left*)
- **roku, shichi**: jun sagari (*left*), shita uke (*right*), keru age (*right*)
- **hachi**: yoko kagi ashi (*right*), zen tenkan, hidari ichiji gamae, zanshin
- **ku**: mae yose ashi (*right*), [kesshu dachi]

tenchi ken 4

- *hidari ichiji gamae*
- **ichi, ni, san, shi**: gyaku geri (*right*), tobi geri (*left*), tobi niren geri, shuto giri (*left*), chudan gyaku zuki (*right*)
- **go, roku**: jun sagari (*right*), shita uke (*left*), keru age (*left*)
- **shichi**: migi han tenkan, migi ichiji gamae, zanshin

- **hachi**: mae yose ashi (*right*), [kesshu dachi]

tenchi ken 5

- *migi ichiji gamae*
- **ichi, ni**: uchi harai uke (*right*), keru age (*right*)
- **san, shi**: mae kagi ashi dachi (*right*), uchi harai uke (*left*), [ichiji gamae], taka geri (*left*), [fuji komi]
- **go, roku**: mae kagi ashi dachi (*left*), uchi harai uke (*right*), sokuto geri, tsuruashi dachi
- **shichi, hachi**: jodan choku zuki (*right*), soto uke (*right*), chudan gyaku zuki (*left*)
- **ku**: uchi harai uke (*right, closed*), [gedan gamae]
- **ju**: yoko kagi ashi, uchi harai uke (*left, open*), zen tenkan, [hidari ichiji gamae, zanshin]
- **ju-icho**: mae yose ashi, [kesshu dachi]

tenchi ken 6

- *hidari ichiji gamae*
- **ichi, ni**: mae yose ashi (*right*), uchi harai (*left*), yoko geri (*left*), [ichiji gamae (*left*)]
- **san, shi**: juji ashi (*left crosses right*), uchi harai (*right*), soto uke (*left*), yoko geri (*right*), [tsuru ashi dachi]
- **go, roku, shichi**: jodan choku zuki (*right*), chudan gyaku zuki (*left*), [kokutsu dachi], jodan modori zuki (*right*)
- **hachi, ku**: keru age (*right*), hidari han tenkan, uchi harai uke (*left*), [hidari ichiji gamae, zanshin]
- **ju**: mae yose ashi, [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, keru age (*left*), ichiji gamae, zanshin.
- **go, roku**: yoko kagi ashi, zen tenkan; (migi) gedan gamae, chudan gamae
- *repeat with right side.*

giwa ken 2

- *hidari chudan gamae*
- **ichi, ni, san**: mae chidori ashi (*left*), uchi uke (*left*), yoko furimi, chudan gyaku zuki (*right*), gyaku geri (*right*)
- **shi, go**: jun sagari, shita uke (*left*), keru age (*left*), [hidari ichiji gamae, zanshin]
- **roku, shichi**: han tenkan (*right*), chudan gamae
- *repeat until original facing*

byakuren ken 1

- *hidari taiki gamae*
- **ichi, ni, san**: chidori ashi (*left*), uchi uke (*left*), shuto giri (*left*), chudan choku zuki (*right*)

- **shi, go:** jun sagari (*right*), shita uke (*left*), keru age (*left*)
- **roku, shichi:** yoko kagi ashi, zen tenkan; (migi) taiki gamae
- *repeat with right side, finish with hidari ichiji gamae*
ko manji ken (manji no kata)
- *uchi otoshi (right, closed), migi gedan gamae*
- **ichi, ni, san:** sashi kae ashi (*left*), soto uke (*right*), jodan zuki (*left*); chudan gyaku dachi (*right*), [zenkutsu dachi]; shita uke (*left*), [ichiji gamae, kokutsu dachi]
- **shi, go, roku:** uchi uke (*left*), chudan gyaku zuki, gyaku geri (*right*)
- **shichi, hachi:** [kokutsu dachi], shita uke (*left*), [hidari ichiji gamae], migi ken uke
- **ku:** yoko kagi ashi (*left*), migi han tenkan, migi uchi otoshi, [migi gedan gamae, zanshin]
- *repeat until original facing, optionally in combination with ryo-o-ken or tan-en embu of ryu-kei techniques*

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]

ryuo ken 2

- yori 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:** yori nuki (*right*), kumade (*right*)
- **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]

ryuo ken 3

- ryote yori nuki tan en: *hidari chudan gamae (offer both hands)*
- **ichi:** sashi kae ashi (*left*), kagi te shuho (*right and left*)

- **ni, san:** yori nuki (*right*), me uchi (*right*), chudan zuki (*right*)
- **shi, go:** sashi kae ashi (*right*), yori nuki (*left*), kumade (*left*)
- **roku:** shita uke
- **shichi:** hidari hiraki sagari, migi shita uke, [migi ichiji gamae, zanshin]

ryu no kata

- gyaku gote form of ryuo ken 1

goho

han tenshin geri

chidori gaeshi

- **prepare:** hiraki gamae
- **offense:** jun jodan zuki
- **defense:** taiki gamae, uchi uke (outside), me uchi, chudan zuki (mae san mae)
- **remarks:** gedan geri (knee)

furi ten 2

- **prepare:** hiraki gamae
- **offense:** jun furi zuki, gyaku furi zuki
- **defense:** soto oshi uke, uchi otoshi uke; sokuto geri (keri komi), juji ashi sagari
- **remarks:** one side defense

fukko chi 2

- **prepare:** kneeling (fukko gamae)
- **offense:** sashi komi ashi, mawashi geri, gyaku jodan zuki
- **defense:** soto uchi-uke, uchi uke, throw
- **remarks:** stand up

gedan gaeshi

- **prepare:** hiraki gamae
- **offense:** sashi komi ashi mawashi geri
- **defense:** harai uke, ura-mawashi (chudan)
- **remarks:** same side, unlike harai uke geri

gyaku geri chi 1

- **prepare:** hiraki gamae
- **offense:** me uchi, gyaku kinteki
- **defense:** uwa uke, ken uke, shita uke
- **remarks:** like jun geri chi 1

gyaku geri chi 3

- **prepare:** tai gamae
- **offense:** (1) gyaku kinteki, (2) shuto giri, chudan zuki
- **defense:** (1) ken uke, shita uke, (2) oshi uke, shita uke/uchi uke, jun geri
- **remarks:**

gyaku geri hiza uke (nami gaeshi)

- **prepare:** hiraki gamae
- **offense:** gyaku geri (chudan)
- **defense:** hiza uke (arms crossed), jun geri
- **remarks:** like kinteki geri hiza uke

gyaku ten 1

- **prepare:** tai gamae
- **offense:** gyaku jodan zuki, jun chudan zuki
- **defense:** uchi uke, harai uke, jun geri
- **remarks:**

- **prepare:** hiraki gamae
- **offense:** gyaku geri
- **defense:** han tenshin, jun geri (mawashi)
- **remarks:** one move

harai uke geri

- **prepare:** hiraki gamae
- **offense:** jun mawashi geri
- **defense:** mae kagi ashi, harai uke; gyaku geri
- **remarks:** open up to expose yoko zanmai

juji uke geri

- **prepare:** tai gamae
- **offense:** sashi komi mawashi geri
- **defense:** juji uke; mawashi geri
- **remarks:** variant: with sambo uke

jun geri chi 1

- **prepare:** tai gamae
- **offense:** (1) me-uchi, (2) kinteki geri
- **defense:** (1) uwa-uke, (2) ken-uke, shita uke
- **remarks:** snake hand

jun geri chi 3

- **prepare:** hiraki gamae
- **offense:** mae juji ashi, sokuto geri, uraken jodan, chudan 2 ren
- **defense:** harai uke, uwa uke, shita uke
- **remarks:** ??

kaishin zuki

- **prepare:** hiraki gamae
- **offense:** gyaku jodan zuki
- **defense:** midari gamae, kakate, chudan zuki
- **remarks:** many variations

keri ten 1

- **prepare:** hiraki gamae
- **offense:** gyaku chudan zuki, mawashi geri
- **defense:** juji uke, take over, throw
- **remarks:** push leg and neck

keri ten 1

- **prepare:** hiraki gamae
- **offense:** gyaku chudan zuki, mawashi geri
- **defense:** juji uke, take over, throw
- **remarks:** push leg and neck

keri ten 3

- **prepare:** hiraki gamae
- **offense:** jo chu niren zuki, mawashi geri
- **defense:** uwa uke, shita uke, juji uke, mae geri
- **remarks:** mae chidori ashi

kinteki geri hiza uke (nami gaeshi)

- **prepare:** *tai gamae*
- **offense:** kinteki geri
- **defense:** hiza uke (arms crossed), kinteki geri
- **remarks:** *one move*

kon ten 1

- **prepare:** *hiraki gamae*
- **offense:** jun furi zuki, gyaku chudan zuki niren
- **defense:** oshi uke, shita uke/uchi uke, mae jun geri
- **remarks:** *doji geri, like tsuki ten 1*

kumade gaeshi

- **prepare:** *tai gamae*
- **offense:** jo chu 2 ren
- **defense:** hasso gamae, sticky shita uke, uwa uke, kumade
- **remarks:** *step in*

kusshin geri

- **prepare:** *tai gamae*
- **offense:** gyaku furi zuki
- **defense:** uchi age uke, chudan geri
- **remarks:** *duck (outwards)*

kusshin zuki

- **prepare:** *tai gamae*
- **offense:** gyaku furi zuki
- **defense:** uchi age uke, chudan zuki
- **remarks:** *duck (outwards)*

mawashi geri sambo uke

- **prepare:** *tai gamae*
- **offense:** mawashi geri
- **defense:** juji uke, sambo uke (knee up), mawashi geri
- **remarks:** *defend side*

ryusui geri (ushiro)

- **prepare:** *hiraki gamae*
- **offense:** jodan gyaku zuki
- **defense:** turn upper part (open side), ichiji gamae, jun mae geri (chudan)
- **remarks:** *ushiro juji ashi*

ryusui geri (mae)

- **prepare:** *tai gamae*
- **offense:** jodan gyaku zuki
- **defense:** turn upper part (down), ichiji gamae, gyaku geri (chudan)
- **remarks:** *mae juji ashi*

shita uke geri

- **prepare:** *tai gamae*

- **offense:** chudan gyaku zuki
- **defense:** hasso gamae, shita uke, gyaku geri
- **remarks:** *immediately*

shita uke jun geri

- **prepare:** *hiraki gamae*
- **offense:** chudan gyaku zuki
- **defense:** hasso gamae, shita uke, jun geri
- **remarks:** *kani ashi*

soto oshi uke zuki

- **prepare:** *tai gamae*
- **offense:** gyaku furi zuki
- **defense:** soto oshi uke (outwards), chudan zuki, kumade zuki
- **remarks:** *step in*

soto uke geri

- **prepare:** *tai gamae*
- **offense:** jodan gyaku zuki
- **defense:** soto uke, chidori ashi, gyaku geri
- **remarks:** *or mae kagi ashi, mawashi geri*

soto uke zuki

- **prepare:** *tai gamae*
- **offense:** jodan gyaku zuki
- **defense:** soto uke zuki (ura), chudan zuki
- **remarks:** *same with omote jun zuki attack*

suigetsu gaeshi

- **prepare:** *hiraki gamae*
- **offense:** jun jodan zuki
- **defense:** taiki gamae, uchi uke (outside), chudan furi zuki (tsuri getsu)
- **remarks:** *gedan geri (knee), shoulder*

tanto furi age ryusui geri

- **prepare:** *gamae*
- **offense:** tanto, from upper side
- **defense:** ryusui geri
- **remarks:**

tanto tsuki komi shita uke zuki

- **prepare:** *gamae*
- **offense:** tanto, chudan
- **defense:** shita uke, uchi oshi uke (hit), zuki
- **remarks:**

tai ten 1

- **prepare:** *tai gamae*
- **offense:** jo chu niren zuki
- **defense:** han tenshin, uwa uke (back), shita uke (soft), mawashi geri (middle)
- **remarks:** *sticky, rotating*

ten kai ren geri

- **prepare:** *tai gamae*
- **offense:** gyaku furi zuki, uraken (step in, same hand)
- **defense:** kusshin geri, uwa uke, sokuto geri
- **remarks:** *step out, turn*

tenshin geri

- **prepare:** *tai gamae*
- **offense:** jodan gyaku zuki
- **defense:** mae ashi, keru age (gyaku)
- **remarks:** *step forward, ichijigamae*

tsubame gaeshi

- **prepare:** *hiraki gamae*
- **offense:** gyaku jodan zuki
- **defense:** taiki gamae, uchi uke, shuto giri, chudan zuki
- **remarks:** *one move*

tsuki ten 1

- **prepare:** *hiraki gamae*
- **offense:** jo chi niren zuki
- **defense:** uwa uke, shita uke/uchi uke), keru komi
- **remarks:** *move sideways, doji geri*

tsuki ten 2

- **prepare:** *gamae*
- **offense:** jo, jo niren zuki
- **defense:** uchi age, uchi otoshi
- **remarks:** *up and down*

tsuki ten 3

- **prepare:** *hiraki gamae*
- **offense:** jo chi 2-ren zuki, jodan choku zuki
- **defense:** uwa uke, shita uke (uchi uke), shita uke, keru komi
- **remarks:** *like tsuki ten 1*

uchi age zuki

- **prepare:** *tai gamae*
- **offense:** jodan jun zuki
- **defense:** uchi age (*back*), chudan zuki, jodan
- **remarks:** *duck under*

uchi uke geri

- **prepare:** *tai gamae*
- **offense:** jodan gyaku zuki
- **defense:** uchi uke, sokuto geri
- **remarks:** *lean backwards*

uchi uke zuki

- **prepare:** *tai gamae*
- **offense:** jodan gyaku zuki

- **defense:** uchi uke, chudan gyaku zuki
- **remarks:** *weight shift forwards, tai sabaki*

uwa uke geri

- **prepare:** *tai gamae*
- **offense:** shuto
- **defense:** uwa uke, jun geri
- **remarks:** *ichiji gamae*

uwa uke zuki

- **prepare:** *tai gamae*
- **offense:** gyaku furi zuki
- **defense:** uwa uke, chudan zuki, kumade zuki
- **remarks:** *step in*

yoko tenshin geri

- **prepare:** *tai gamae*
- **offense:** sashi komi ashi, gyaku geri
- **defense:** chudan gamae, (uchi) harai uke, keru kaeshi (jun geri)
- **remarks:** *step in*

juho

- **prepare:** *gamae*
- **offense:** grab hand (same side)
- **defense:** release, following direction of arm
- **remarks:**

age nuki

gyakute dori

- **prepare:** *gamae*
- **offense:**
- **defense:** band around neck, twist two times, ends to hands, under and over hands (to outside), tie firmly
- **remarks:** *offender lies on the ground, face down*

baku ho

- **prepare:** *gamae (sideways)*
- **offense:** nothing (wait)
- **defense:** grab hand (with front hand), grab elbow (from inner side), take elbow in and lock hand (with both hands)

- **remarks:** *two ways of grabbing hand*

gyakute nage

- **prepare:** *tai gamae*
- **offense:** sleeve, lapel, pull
- **defense:** sleeve, lapel and push against throat, throw
- **remarks:** *like judo arm throw*

bukkotsu nage

- **prepare:** *tai gamae*
- **offense:** grab wrist (low, cross), like *gyaku gote*
- **defense:** like *gyaku gote*, take over (glide in arm and grab wrist), lift elbow, throw

- **remarks:** *tai sabaki, turn in hip*

gyaku tembin

- **prepare:** *hiraki gamae*
- **offense:** grab lapel (horizontally) and push
- **defense:** grab hand (from above), *shuto giri*, support with other hand (under) and make S, twist, down
- **remarks:** *like kata muna otoshi*

eri juji

- **prepare:** *gamae*
- **offense:**
- **defense:** press elbow against arm, slide in, bring elbow to shoulder

- **remarks:**

hiki muna otoshi

- **prepare:** *gamae*
- **offense:** grab lapel (*eri*)
- **defense:** *me uchi*; arm round and down; *uraken*, *chudan zuki*
- **remarks:** *shoulder inside opponents arm*

eri nuki

- **prepare:** *gamae*
- **offense:** grab lapel, pull
- **defense:** one hand, step from opponent
- **remarks:**

hiki otoshi

- **prepare:** *gamae*
- **offense:** grab lapel (*eri*)
- **defense:** *me uchi*; arm round and down; *uraken*, *chudan zuki*
- **remarks:** *shoulder inside opponents arm*

furi-sute omote nage

- **prepare:** *gamae*
- **offense:** grab arm, push
- **defense:** fix hand on arm, step back [*hiraki gamae*]
- **remarks:**

hiji nuki mae tembin

- **prepare:** *tai gamae*
- **offense:** grab sleeve and lapel, *seoi nage* (throw like judo)
- **defense:** take over, hands on inner elbow, throw
- **remarks:** *tai sabaki*

gasho nuki

- **prepare:** *tai gamae*
- **offense:** grab (lower) hands, spread behind shoulder
- **defense:** release hand near head, cut elbow, take down
- **remarks:** *elbow upwards, throw*

hiji nuki (mae tembin)

- **prepare:** *tai gamae*
- **offense:** grab wrists (*ryote*, arms up)
- **defense:** push hands forwards, *hiki nuki*
- **remarks:** *pressure on thumbs*

gyaku gote

- **prepare:** *tai gamae*
- **offense:** grab wrists (*ryote*, arms up, push arms out)
- **defense:** pin arm between neck and shoulder, bring elbow forward; *mae tembin* (to elbow joint), *ura gatame*

- **remarks:** *attack as nidan nuki, yori nuki*

hiki nuki (morote)

- **prepare:** *gamae*
- **offense:** grab wrist (up)

- **defense:** cut loose
- **remarks:** *support with free hand*
johaku dori
- **prepare:** *tai gamae*
- **offense:** grab upper arm (katate)
- **defense:** me uchi, pin hand to upper arm, bring opponent down
- **remarks:** *bring down with tai sabaki*
johaku maki
- **prepare:** *tai gamae*
- **offense:** grab upper arm (katate)
- **defense:** me uchi, pin hand to upper arm, bring opponent down, make S
- **remarks:** *tai sabaki*
johaku nuki
- **prepare:** *tai gamae*
- **offense:** grab upper arms (ryote)
- **defense:** half turn, release front arm (up and down); hiraki sagari; release other arm
- **remarks:** *raise elbow above shoulder, drop and twist arm vertically*
juji gote
- **prepare:** *hiraki gamae*
- **offense:** grab outer wrist (up)
- **defense:** kagite shuho (turn away), grab hand, and press down with tai sabaki
- **remarks:** *like juji nuki*
juji nuki
- **prepare:** *hiraki gamae*
- **offense:** grab wrist (katate, arm up, same side); push
- **defense:** turn away, snap down elbow, release, atemi
- **remarks:** *variants: ryote, morote*
kata muna otoshi
- **prepare:** *hiraki gamae*
- **offense:** grab lapel (vertically) and push
- **defense:** grab hand (from under), shuto giri, other hand and twist, down
- **remarks:** *like eri juji*
katate nage
- **prepare:** *tai gamae*
- **offense:** wait, offer wrist
- **defense:** grab wrist, turn inwards, duck under, and throw with shoulder and elbow
- **remarks:** *nisoku tenkai (two step full turn)*
kiri gote
- **prepare:** *tai gamae*
- **offense:** grab outer wrist
- **defense:** kagite shuho, grab wrist (under), cut wrist with upper hand
- **remarks:** *like kiri kaeshi nuki*
kiri kaeshi nuki
- **prepare:** *hiraki gamae*
- **offense:** grab wrist (katate, arm down, opposite side); swing upward
- **defense:** kagite shuho, me uchi; hook elbow and release, chudan zuki or kumade
- **remarks:** *support release with free hand*
kiri kaeshi tembin
- **prepare:** *gamae*
- **offense:** grab wrist (opposite, down)
- **defense:** grab wrist (of attacker), dori on elbow
- **remarks:**
kiri kaeshi maki tembin
- **prepare:** *gamae*
- **offense:** grab wrist (opposite, down)
- **defense:** grab wrist (of attacker), apply maki tembin
- **remarks:**
kiri nuki (uchi & soto)
- **prepare:** *gamae*
- **offense:** grab wrist (katate, arm up, [uchi: inside, opposite side; soto: outside, same side])
- **defense:** kagite shuho, cut against thumb joint, release, chudan gyaku zuki
- **remarks:** *support release with other hand*
konoha gaeshi
- **prepare:** *hiraki gamae*
- **offense:** offer hand
- **defense:** grab hand (at fingers), push down, take up and turn, throw forwards
- **remarks:** *use elbow*
kote maki gaeshi
- **prepare:** *hiraki gamae*
- **offense:** grab wrist (underneath)
- **defense:** gedan gamae, take hand up, and swing down
- **remarks:** *tai sabaki*
kote nuki
- **prepare:** *tai gamae*
- **offense:** grab inside wrist
- **defense:** kagite shuho (to side), me-uchi, migi yose ashi, release (push down)
- **remarks:** *uraken to sango (eyeside), sashi kae ashi, chudan zuki*

kubi jime, juji nage

- **prepare:** *tai gamae*
- **offense:** kubi jime, ken jime (shuho) (two hands, strangle, with upper fist against throat]
- **defense:** hand over attacking hand, turn, throw (juji nage)
- **remarks:** *like juji gote, take arm up*

maki gote (morote)

- **prepare:** *tai gamae*
- **offense:** grab wrist (up)
- **defense:** grab wrist, step in, twist and bring down
- **remarks:** *down, roll up, twist and go*

maki nuki

- **prepare:** *gamae*
- **offense:** grab outside wrist (katate, arm down, same side); twist
- **defense:** kagite shuho, release (maki nuki), uraken uchi
- **remarks:** *variants: ryote, morote*

maki otoshi

- **prepare:** *tai gamae*
- **offense:** grab lapel (same side)
- **defense:** pin hand (both hands), and throw, stepping in
- **remarks:** *tai sabaki*

morote okuri gote baku ho

- **prepare:** *gamae*
- **offense:** *ippon se nage*
- **defense:** draw backwards, bring opponent down on belly, hands on back, then baku ho
- **remarks:**

morote wa nuki

- **prepare:** *gamae*
- **offense:** *ippon se nage*
- **defense:** raise hand, release by round movement (in)
- **remarks:**

nidan nuki

- **prepare:** *gamae*
- **offense:** grab (lower) hands, as ryote yori nuki
- **defense:** pressure on thumb (nai wanto), release to inside, kumade; release other hand with yori nuki, chudan zuki
- **remarks:** *push and pull apart*

nuki uchi oshi gote

- **prepare:** *gamae*
- **offense:** grab wrist (same side, down)
- **defense:** like oshi gote, with cut on (inner) hand

• **remarks:**

okuri dori

- **prepare:** *gamae*
- **offense:**
- **defense:** grab hand (R/R or L/L), tai sabaki, swing
- **remarks:** *??*

okuri gote (yubi dori to ura gatame)

- **prepare:** *hiraki gamae*
- **offense:** grab outside of wrist
- **defense:** kagite shuho (shuto or me-uchi), hook wrist, turn arm (circular)
- **remarks:** *yubi dori (thumb lock)*

okuri hiji zeme

- **prepare:** *gamae*
- **offense:** release from juji gote
- **defense:** grab hand and elbow, press and against chest
- **remarks:** *S-shape, tai sabaki to front*

okuri maki tembin

- **prepare:** *hiraki gamae*
- **offense:** like okuri gote, and escape
- **defense:** pin elbow joint under arm pit
- **remarks:** *attack elbow joint (tembin)*

okuri tembin dori

- **prepare:** *gamae*
- **offense:** escape from okuri gote
- **defense:** grab hand (opposite), dori with knuckles in elbow (tembin)
- **remarks:**

oshi gote (katate)

- **prepare:** *hiraki gamae*
- **offense:** grab wrist (underneath)
- **defense:** palm upwards, bend wrist (cut down), take over and down
- **remarks:** *elbow in straight line, tai sabaki*

oshi kiri nuki

- **prepare:** *tai gamae*
- **offense:** grab upper arms (wide, to prevent johaku)
- **defense:** release by oshi nuki, and then kiri nuki (uchi)
- **remarks:** *push arm downwards*

oshi nuki

- **prepare:** *gamae*
- **offense:** grab wrist (down, same side)
- **defense:** release to outside, uchi wanto (in neck)
- **remarks:** *push over arm*

ryaku juji gote

- **prepare:** *stand sideways* *sode maki*
- **offense:** grab wrist from side
- **defense:** grab hand on boshiku, bring elbow forward, push downwards, arm lock
- **remarks:** *like juji gote, different grab*
ryo muna otoshi
- **prepare:** *hiraki gamae*
- **offense:** grab lapels (vertically) and push
- **defense:** grab hand (from under), shuto giri, other hand and twist, down
- **remarks:** *like kata muna otoshi*
ryote kannuki nage
- **prepare:** *gamae*
- **offense:** wait, offer hands
- **defense:** push one hand up (boshku, pressure on wrist, to shoulder), grab fingers and push down and inside, twist and throw
- **remarks:**
ryu nage
- **prepare:** *gamae*
- **offense:** **grab wrist (opposite, down)**
- **defense:** like gyaku gote, bring arm in, and draw backwards
- **remarks:** *variant of gyaku gote*
sankaku nuki
- **prepare:** *stand sideways*
- **offense:** grab lower arm
- **defense:** sankaku shuho, release, hiji ate
- **remarks:** *like juji nuki*
sode dori
- **prepare:** *gamae*
- **offense:** grab sleeve (katate)
- **defense:** me uchi, pin hand to upper arm, bring opponent down
- **remarks:** *bring down with tai sabaki*
sode maki gaeshi
- **prepare:** *tai gamae*
- **offense:** grab sleeve (katate)
- **defense:** lock hand, turn arm around, cut wrist and throw
- **remarks:** *move sideways*
sode maki tembin
- **prepare:** *tai gamae*
- **offense:** grab sleeve (katate)
- **defense:** me uchi, pin hand to upper arm, hand out, pin elbow
- **remarks:** *fix arm with knee*
- **prepare:** *gamae*
- **offense:** grab sleeve (katate)
- **defense:** me uchi, pin hand to upper arm, bring opponent down, make S
- **remarks:** *bring down with tai sabaki*
sode nuki
- **prepare:** *hiraki gamae*
- **offense:** grab sleeve (katate)
- **defense:** me uchi, bring arm over hand, and release
- **remarks:** *push down*
soto maki otoshi
- **prepare:** *gamae*
- **offense:** grab lapel(s)
- **defense:** like maki otoshi, but with elbow pressed to chest
- **remarks:** *push, don't move*
tsuri getsu dori (?)
- **prepare:** *stand sideways*
- **offense:** wait
- **defense:** grab hand (L/L, twist wrist), bring to back, push other shoulder down
- **remarks:**
tanto tori osae kannuki nage
- **prepare:** *(hiraki) gamae*
- **offense:** attack with knife (jun, chudan)
- **defense:** hasso gamae, otoshi uke, grab hand from above, lock elbow, throw
- **remarks:** *tai sabaki*
tembin nage
- **prepare:** *tai gamae*
- **offense:** gyaku jodan zuki
- **defense:** midare gamae, kakate, push tembin (elbow) up, throw
- **remarks:** *mae ukemi*
tsuri age dori
- **prepare:**
- **offense:**
- **defense:** grab hand (opposite), bring to back, up, and push shoulder down (with other hand)
- **remarks:**
tsuri otoshi
- **prepare:** *gamae*
- **offense:** counterattack on okuri gote, by turning in
- **defense:** stop arm, grab shoulder, bring down and throw
- **remarks:**

(maki) uchi kubi nage

- **prepare:** *tai gamae*
- **offense:** grab lapel, push
- **defense:** lock arm, swing around neck, throw
- **remarks:** *tai sabaki*

uchi nuki (katate & ryote)

- **prepare:** *gamae*
- **offense:** grab wrist(s), same side (down)
- **defense:** release by cutting (inner) wrist
- **remarks:** *in combination with age nuki*

ude juji gatamae

- **prepare:** *hiraki gamae*
- **offense:** offer front hand
- **defense:** swing hand (grab from back), me uchi, other arm under elbow, finish with *ashi barai* or *koshi nage*
- **remarks:** *turn hand towards head and pin with foot*

ude maki

- **prepare:** *gamae*
- **offense:** grab lapel (*eri*)
- **defense:** me uchi; arm round and down; make S and pin
- **remarks:** *like eri nuki*

kari ashi, ushiro eri dori

- **prepare:** *turn back*
- **offense:** grab collar (from back), *kari ashi*
- **defense:** turn, *kumade*, grab hand, other arm over and bring down
- **remarks:** *ahnd as in maki*

uwa uke nage

- **prepare:** *hiraki gamae*
- **offense:** *jun ura ken*
- **defense:** *uwa uke* (back), take elbow, turn in, throw
- **remarks:** *tai sabaki*

gori nuki

- **prepare:** *hiraki gamae*
- **offense:** grab outside wrist (katate, arm down, same side)
- **defense:** *kagite shuho* (step forward), release (shuto uchi), *kumade zuki*, *jun sagari zanshin*
- **remarks:** *pivot elbow forward from wrist*

shorinji kempo

This syllabus was written by compiling the material from various sources, including:

material

- *fukudoku-hon* (textbook WSKO, 1995)
- *live half for yourself, half for others* (WSKO)
- *give me leaders, not followers* (WSKO)
- *kamoku* (WSKO, 1981)
- *primary curriculum* (WSKO, 1996)
- tokyo university site
- online resources (www.shorinjikempo.nl)
- www.shorinjikempo.or.jp

Online syllabus: sk.aliens.net

Mail comments to info@shorinjikempo.nl