

/ kihon

kyu 1

kyu 1

gakka

kyu 1

1. on timing and distance during offense and defense
2. the five elements of atemi
3. go ju itai (unity of go and ju)
4. kumite shutai (emphasizing practice in pairs)
5. the true meaning of hohei

techniques

basic

1. *tai gamae & umpo ho*:
[tai gamae] – chudan gamae, ichiji gamae, hasso gamae, taiki gamae
[umpo ho] – mae chidori ashi, ushiro chidori ashi, kani ashi, juji ashi, kumo ashi
2. *tai sabaki & ukemi*:
[tai sabaki] – hiraki sagari, han tenshin, gyaku tenshin, han tenkan, zen tenkan
[ukemi] – dai sharin, mae ukemi, ushiro ukemi, oten yori okiagari
3. *tan en* – tenchi ken 1, tenchi ken 2; tenchi ken 3, tenchi ken 4, ryuo ken 1
4. *so tai* – tenchi ken 1, giwa ken 1

random

- 5 goho & 5 juho

kumi embu

kyu 1

1. uchi uke zuki – ren hanko
2. soto uke zuki – ren hanko
3. sode nuki
4. sode dori
5. kusshin zuki – ren hanko
6. soto oshi uke zuki – ren hanko
7. kata muna otoshi
8. eri juji
9. ude maki
10. chidori gaeshi – ren hanko

application

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

- *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

kamoku

kyu 1 (goho)

1. soto uke zuki
2. soto uke geri
3. uchi oshi uke geri
4. furi ten ni
5. harai uke geri
6. juji-uke geri
7. tsuki ten ichi

kyu 1 (juho: nuki waza)

1. hiki nuki (ryote)
2. juji nuki (morote)
3. morote oshi nuki (for gyaku tembin)
4. tsuki nuki (morote)
5. oshi kiri nuki
6. eri nuki
7. kiri kaeshi nuki
8. sankaku nuki

kyu 1 (juho: gyaku waza)

1. juji gote (ryote)
2. juji gote (morote)
3. ude maki
4. ryaku juji gote
5. ryote okuri gote (from: yori nuki, maki nuki, tsuki nuki)
6. oshi gote (katate)
7. kata muna otoshi

hohei

kyu 1

- *nio ken* :
[*kyu 4*] – ryusui geri, uchi uke zuki, uwa uke geri
[*kyu 3*] – uwa uke zuki
[*kyu 2*] – tenshin geri, uchi uke geri
[*kyu 1*] – soto uke zuki, soto uke geri, soto oshi uke zuki, kusshin zuki, kusshin geri

- **sango ken** :
[kyu 3] – shita uke geri, shita uke jun geri
[kyu 2] – yoko tenshin geri, han tenshin geri, juji uke geri
- **tenno ken** :
[kyu 3] – tsuki ten 1
- **byakuren ken** :
[kyu 2] – tsubame gaeshi, chidori gaeshi
- **kongo ken** :
[kyu 4] – ude juji gatame
- **ryuo ken** :
[kyu 4] – kote nuki, yori nuki (katate & ryote)
[kyu 3] – maki nuki (katate & ryote)
[kyu 2] – kiri nuki (uchi & soto), juji nuki (katate & ryote), gassho nuki, kiri kaeshi nuki (katate & morote), sankaku nuki
[kyu 1] – johaku nuki (katate & ryote), oshi kiri nuki, sode nuki, eri nuki
- **ryuka ken** :
[kyu 4] – gyaku gote (mae yubi gatame)
[kyu 3] – okuri gote (katate), okuri maki tembin
[kyu 2] – juji gote (katate & ryote), ryaku juji gote, okuri gote (ryote), kiri gote (katate & morote)
[kyu 1] – gyaku gote ura gaeshi nage
- **rakan ken** :
[kyu 1] – johaku dori (katate & ryote), johaku maki (katate), sode dori, sode maki, sode maki tembin, ude maki, kata muna otoshi, eri juji

kata

tenchi ken 1

- *hidari chudan gamae*
- **ichi:** hidari mae chidori ashi, jodan choku zuki
- **ni:** migi yose ashi, migi chudan gyaku zuki
- **san:** heima dachi (*left*), migi soto uke, hidari yoko kagi zuki
- **shi:** hidari hiraki sagari, migi uwa uke
- **go:** migi ushiro yose ashi, hidari shita uke, migi uchi uke
- **roku:** hikimi (*abdomen*), migi uchi harai uke, hidari soto uke
- **shichi:** migi keri age
- **hachi:** migi hiraki sagari, hidari shita uke, hidari ichiji gamae; zanshin
- **ku:** migi mae yose ashi, [kesshu dachi]

tenchi ken 2

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

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

giwa ken 1

- *hidari ichiji*
- **ichi, ni:** mae chidori ashi, jodan zuki (*left*); chudan gyaku zuki
- **san, shi:** jun sagari, soto uke (*right*), uchi uke, uchi otoshi uke (*left*), nioke; nio gamae, keri age (*left*), ichiji gamae, zanshin.
- **go, roku:** yoko kagi ashi, zen tenkan; (migi) gedan gamae, chudan gamae
- *repeat with right side.*

terminology

attacks

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

orientation

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

parts

- *ashi* – foot
- *bukkotsu* – throat
- *eri* – collar
- *hiji* – elbow
- *hiza* – knee
- *jo-haku* – upper arm
- *gi* – uniform
- *ken* – fist
- *kinteki* – groin
- *kata* – shoulder
- *koshi* – hip
- *kote* – wrist
- *kubi* – neck
- *obi* – belt
- *sode* – sleeve
- *tembin* – elbow
- *yubi* – thumb