

kyu 2

gakka

kyu 2

1. how to learn shorinji kempo
2. the three teachings of Ken
3. defense is primary, offense is secondary
4. shorinji kempo must not hurt people, but develop them

- *sokui-ho* – mae kagi ashi dachi
- *umpo-ho* – kumo ashi (mae, ushiro), sashi komi ashi, sashi kae ashi
- *tai-sabaki* – kushshin
- *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)

techniques

basic

1. *kogi* – zenshin jun zuki, gyaku zuki, jo chu ni ren zuki, jo chu keri san ren ko, sashi komi mawashi geri, sashi kae soku to geri
2. *bogi* – dan uke (uwa uke & uchi uke, uchi age uke & uchi otoshi uke), ren uke, harai uke, juji uke
3. *umpo ho* – mae chidori ashi, ushiro chidori ashi, kani ashi, juji ashi, kumo ashi
4. *ukemi* – dai sha rin, mae ukemi, ushiro ukemi, oten oki agari
5. *tan en* – tenchi ken 1, tenchi ken 2; giwa ken 1

random

- 5 goho & 5 juho

1. soto oshi uke zuki
2. kushshin zuki
3. kushshin 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)

kumi embu

kyu 2

1. tsubame gaeshi
2. uchi uke geri
3. juji nuki (katate)
4. juji gote (katate)
5. han tenshin geri
6. juji uke geri
7. kiri kaeshi nuki (katate)
8. kiri gote (katate)
9. shita uke jun geri
10. tsuki ten 1

hokei

kyu 2

application

1. *goho* – offense tan or ni ren with tsuki and keri 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

• *nio ken* :[*kyu 4*] – ryusui geri, uchi uke zuki, uwa uke geri[*kyu 3*] – uwa uke zuki[*kyu 2*] – tenshin geri, uchi uke 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
- **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)

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