

## dan 2

### gakka

dan 2

1. the history of shorinji kempo (the process of its revival in post-war Japan)
2. how shorinji kempo was established, and the history of naming shorinji kempo
3. budo and the way it should be
4. the true meaning of hokei
5. the principles used in shorinji kempo
6. the three elements of Ken
7. the sixth sense
8. shin ki ryoku – on the unity of mind, spirit and strength
9. hei jo shin – peaceful unmoved state of mind
10. randori when armed with protectors
11. san tei san po niju go kei – 3 parts, 3 systems, 25 branches of techniques
12. kisei and kiai

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essay

1. the purpose of seeking michi (the way) and the value of training
2. your personal view on true strength

### techniques

basic

1. *tan en* – tenchi ken 1, tenchi ken 2; tenchi ken 3, tenchi ken 4, tenchi ken 5, tenchi ken 6, ko manji ken
2. *so tai* – ryuo ken 1, tenchi ken 2

random

- 5 goho & 5 juho

### kumi embu

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1. tsuki ten 1 – ren hanko
2. tai ten 1 – ren hanko
3. idori gyaku gote or gyakute nage
4. uwa uke nage or uwa uke gyakute nage
5. kinteki geri hiza uke nami gaeshi – ren hanko
6. jun geri chi 1 – ren hanko
7. maki otoshi or soto maki otoshi
8. okuri hiji zeme

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9. shita uke geri kote nage
10. keru ten 1, sukui kubi nage

**application**

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