

## kyu 4

### gakka

kyu 4

1. in each lesson we are reading the philosophy, and each shorinji kempo school places great importance on this. as europeans, what do you think about this philosophy when you read it and how do you relate to it?

### techniques

basic

1. mae ukemi with jump (right & left)
2. ushiro ukemi with push (right & left)
3. yoko ukemi (right & left)
4. dai sharin (with one hand, one side)
5. umpo, taisabaki, basic movements
6. jyo-chu niren zuki gyaku-geri san-ren kerikomi sashi-kae-ashi
7. jyo-dan mawashi-geri ushiro-geri niren, juji-ashi sashi-kae-ashi
8. dan-geri kinteki-mikazuki niren geri fumi-komi ashi, sashi-kae-ashi
9. tobi-komi geri ni-ren kinteki-jyodan jyo-chu-niren zuki (left & right)

so-tai (pair form)

1. jyo-dan mawashi geri yoko-juji-uke mawashi gerihanko (left & right)
2. jyo-dan-gyaku zuki jyo-dan mawashi geri niren uwa-uke nioke jyun-sagari (left & right)
3. sashi-komi-ashi jyun-geri kerikomi uchi-harai-uke chu-dan zuki-hanko jyun-sagari (left & right)
4. ude-juji koshi-nage tachiai-gassho-gatame
5. shita-uke zuki
6. katate kiri nuki uchi

### 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 4] – ryusui geri, uchi uke zuki, uwa uke geri
- *kongo ken* :  
[kyu 4] – ude juji gatame
- *ryuo ken* :  
[kyu 4] – kote nuki, yori nuki (katate & ryote)
- *ryuka ken* :  
[kyu 4] – gyaku gote (mae yubi gatame)  
kata muna otoshi, eri juji

### terminology

kihon

- *tai gamae* – stances
- *tai sabaki* – body motion
- *sokui ho* – foot and leg placement
- *umpo 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