

dan 3

gakka

dan 3

1. history and founding of shorinji kempo
2. on sen (initiative)
3. ma'ai and opportunity for offense and defense
4. shorinji kempo symbols and activities
5. pressure points of the head, face and neck (22 points)
6. pressure points of the arm and hands (15 points)
7. pressure points of the leg and foot (21 points)
8. pressure points of the chest and stomach (12 points)
9. the six distinguishing characteristics of shorinji kempo

essay

1. the six distinguishing characteristics of shorinji kempo
2. history and founding of shorinji kempo

techniques

basic

1. *tan en* – tenchi ken 1, tenchi ken 2; tenchi ken 3, tenchi ken 4, tenchi ken 5, tenchi ken 6 (all from right side) ryu no kata
2. *so tai* – ryuo ken 1 (defence from left), tenchi ken 2 (defence from left)

random

- 5 goho & 5 juho

kumi embu

dan 3

1. gedan gaeshi – ren hanko
2. chudan gaeshi – ren hanko
3. konoha okuri
4. ryo nage or soto maki tembin
5. mikazuki gaeshi or suigetsu gaeshi
6. sokuto geri hiki ashi nami gaeshi
7. sode maki or sode maki gaeshi
8. okuri tsuki taoshi or koshi kujiki
9. hangetsu gaeshi sukui kubi nage
10. kiri kaeshi gote or kiri kaeshi nage

application

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

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

seiho

seiho / element(s)

- *head, face and neck* (22) – 1. hyaku'e (white, meet) 2. shin'e (?,meet) 3. nichigetsu (day,moon) 4. sankaku (three,) 5. jinchu 6. shosho 7. ryogan 8. kenryo 9. yongo 10. sango 11. mikazuki 12. furin 13. ryoji 14. noko 15. amon 16. keichu 17. tenchu 18. keikotsu 19. dokko 20. bukkotsu 21. keimyaku 22. matsukaze
- *arm and hand – inside* (7/15) – 1. seirei 2. shokai 3. shakutaku 4. keikyo 5. taien 6. shinmon 7. shikoku
- *arm and hand – outside* (8/15) – 1. gori 2. churyo 3. sanri 4. yokei 5. yokoku 6. gokoku 7. chusho 8. kokoku
- *leg and foot – front* (12/21) – 1. kisho 2. yako 3. fukuto 4. fushi 5. kekkai 6. rypkyu 7. shitsugan 8. sanri 9. kori 10. saninko 11. taisho 12. rinkyu
- *leg and foot – rear* (9/21) – 1. shofu 2. inmon 3. ichu 4. iyo 5. inkoku 6. shokin 7. chikuhin 8. gaika 9. naika
- *chest and stomach* (12) – 1. tentotsu 2. danchu 3. kyosen 4. suigetsu (water, moon) 5. kikai 6. kinteki 7. reikyo 8. ganka 9. sanmai 10. yoko sanmai 11. kyoin 12. kisha
- *back* (8) – 1. shindo 2. reidai 3. sekichu 4. chokyo 5. haiyu 6. tensho 7. komon 8. kanyu

hokei

dan 3

- *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
 - [*dan* 2] – uchi age zuki, kaishin zuki, tanto tsuki komi shita uke zuki, tanto furi age ryusui geri
 - [*dan* 3] – soto uke dan zuki, uchi age dan zuki, shita uke zuki, shita uke dan zuki

- **sango ken** :
 [kyu 3] – shita uke geri, shita uke jun geri
 [kyu 2] – yoko tenshin geri, han tenshin geri, juji uke geri
 [dan 1] – harai uke geri
 [dan 2] – gyaku tenshin geri
 [dan 3] – gedan gaeshi, chudan gaeshi
- **tenno ken** :
 [kyu 3] – tsuki ten 1
 [dan 1] – furi ten 2, keru ten 3, tsuki ten 3
 [dan 2] – tsuki ten 2, kon ten 1, tai ten 1, keru ten 1 (sukui kubi nage), gyaku ten 1
- **byakuren ken** :
 [kyu 2] – tsubame gaeshi, chidori gaeshi
 [dan 3] – harai uke dan zuki, mika zuki gaeshi, suigetsu gaeshi, hangetsu gaeshi (sukui kubi nage)
- **kakuritsu ken** :
 [dan 1] – kinteki geri hiza uke, gyaku geri hiza uke, mawashi geri sambo uke
 [dan 3] – sokuto geri hiki ashi, dan geri sambo uke
- **chio ken** :
 [dan 2] – jun geri chi 1, gyaku geri chi 1, gyaku geri chi 3
 [dan 3] – fukko chi 2, harai uke chi 2, jun geri chi 3
- **kongo ken** :
 [kyu 4] – ude juji gatame
 [dan 2] – okuri tembin dori, tsuri age dori
- **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
 [dan 1] – nidan nuki, oshi nuki (katate), hiki nuki (morote), juji nuki (morote)
 [dan 2] – tsuki nuki (uchi & soto), tsuki nuki (ryote & morote), age nuki, hiji nuki mae tembin, uchi nuki (katate & ryote), oshi nuki (morote), morote wa nuki (ippon se nage), morote maki nuki (ippon se nage)
- **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
 [dan 1] – oshi gote (katate & ryote), kote maki gaeshi, maki gote (katate & morote), juji gote (morote)
 [dan 2] – gyakute nage, ryu nage, soto maki tembin, nuki uchi oshi gote, morote okuri gote baku ho (ichi, ippon se nage), okuri hiji zeme, tsuri otoshi, okuri dori, kiri kaeshi tembin, kiri kaeshi maki tembin, gyaku gote (morote), idori gyaku gote, idori oshi gote

[dan 3] – kiri kaeshi gote, kiri kaeshi nage, morote kiri kaeshi nage, konoha okuri, konoha gaeshi, okuri yubi gaeshi, nigiri kaeshi, okuri shi shi dori, furisute omote nage, morote okuri kote nage, okuri tsuki taoshi (ippon se nage), koshi kujiki (ippon se 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
 [dan 2] – maki otoshi, soto maki otoshi, hiki muna otoshi, ryo muna otoshi, hiki otoshi
 [dan 3] – sode maki gaeshi, sode guchi dori, sode guchi maki
- **goka ken** :
 [dan 2] – uwa uke nage, uwa uke gyakute nage, gyaku tembin
 [dan 3] – katate nage, gyaku katate nage, gassho katate nage, okuri katate nage, ryote katate nage, morote katate nage, hiki tembin, gyaku hiki tembin, gassho hiki tembin

kata

ryu no kata

- gyaku gote form of ryuo ken 1
 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]