

kyu 5

gakka

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1. why do you want to study martial arts? why did you choose shorinji kempo instead of another martial art?
2. what do you find the most interesting about shorinji kempo and on which points do you place the most importance in your practice?

techniques

basic

1. zazen manner
 2. dojo manner, japanese words, etiquette, kiai
 3. kiso zuki
 4. jyo chu niren zuki sashi-kae-ashi
 5. jun-geri gyaku-geri niren sashi-kae-ashi, sashi-komi-ashi
 6. jyo-dan sokuto-geri mae juji ashi (right & left)
 7. mae-ukemi (right & left)
 8. ushiro-ukemi (right & left)
 9. dai-sharin (right & left)
 10. umpo ho, taisabaki, basic movements
- so-tai (pair form)
1. jyo-dan jun-zuki uwa-uke sashi kae-ashi
 2. chu-dan gyaku-zuki shita-uke, jun-sagari
 3. jyo-dan gyaku-zuki uchi-uke jun-sagari (right & left)
 4. jyo-dan mawashi-geri yoko-juji-uke jun-sagari (right & left)

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

terminology

count

- *ichi, ni, san, shi, go, roku, shichi, hachi, ku, ju*

etiquette

- *shugo* – row up!
 - *seirets* – straight line!
 - *sensei* – master, teacher
 - *ken-shi* – shorinji kempo students
 - *lei* – salutation
 - *naole* – arms down!
 - *lenshu-o-hajime-masu* – salutation from sensei to kensshi
 - *onegai-shimasu* – salutation from kensshi to sensei
 - *lenshu owarime-masu* – salutation from sensei (at end of lesson)
 - *arigato goza-imashita* – thanking for lesson
 - *gasho* – salutation or greeting
 - *chiyakuza (tjakza)* – sit down! (zazen way)
 - *me-moku* – close eyes!
 - *chosoku* – control breathing!
 - *kiritsu* – stand up!
 - *kesshu* – hands down (lock thumbs, fold)
 - *hai* – yes!
 - *yoi* – be ready!
 - *kamae* – take position!
 - *hajime* – start!
 - *yame* – stop!
- kihon
- *tai gamae* – stances
 - *tai sabaki* – body motion
 - *sokui ho* – foot and leg placement
 - *unpo 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
- *mido-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

shorinji kempo

- *goho* – hard techniques
- *seiho* – healing techniques
- *juho* – soft techniques

seiho

1. *seikei* – balancing the central meridians
2. *seimyaku* – balancing the peripheral meridians
3. *seikotsu* – correcting bone positions
4. *kappo* – resuscitation

goho

1. *tsuki waza* – strikes
2. *uchi waza* – hammers
3. *kiri waza* – cutting
4. *keri waza* – kicks
5. *kari waza* – reaping

6. *fumi waza* – stamps
7. *tai gi* – body techniques
8. *bogi* – defenses
9. *dokko den* – weapon techniques
10. *nyoi den* – short rod techniques
11. *kongo den* – stick and short staff techniques

juho

1. *gyaku waza* – joint reverses
2. *nage waza* – throws
3. *katame waza* – pins
4. *shime waza* – chokes
5. *tori waza* – arrests
6. *o-atsu waza* – pressure techniques
7. *nuki teho* – hand releases
8. *nuki miho* – escapes
9. *bakuho* – binding methods