

dan 1

gakka

dan 1

1. So Doshin's motivation and purpose for founding Shorinji Kempo
2. the essence of shorinji kempo
3. the meaning and aspiration of Kongo Zen
4. the meaning of Bu and the essence of Budo
5. how to learn shorinji kempo
6. the three teachings of Ken
7. on Sen (initiative)
8. on timing and distance during offense and defense
9. the five elements of atemi
10. the unity of ken and zen (ken zen ichinyo)
11. the unity of strength and love (riki ai fu ni)
12. defence is primary, offence is secondary

essay

1. the advocacy and hope of Kongo Zen
2. your motives for starting shorinji kempo and your present state of mind

techniques

basic

1. *tai gamae* & *umpo ho*:
[tai gamae] – chudan gamae, ichiji gamae, gedan gamae, hasso gamae, taiki gamae, midare gamae
[umpo ho] – mae chidori ashi, ushiro chidori ashi, kani ashi, juji ashi, kumo ashi
2. *tai sabaki* & *ukemi*:
[tai sabaki] – hiraki sagari, han tenshin, gyaku tenshin, han tenkan, zen tenkan
[ukemi] – dai sharin, mae ukemi, ushiro ukemi, oten yori okiagari
3. *tan en* – tenchi ken 1, tenchi ken 2; tenchi ken 3, tenchi ken 4, tenchi ken 5, tenchi ken 6, byakuren ken 1
4. *so tai* – tenchi ken 1, tenchi ken 2

random

- 5 goho & 5 juho

kumi embu

dan 1

1. harai uke geri – ren hanko
2. kote maki gaeshi
3. tsubame gaeshi – ren hanko
4. maki gote (morote)

5. mawashi geri sambo uke nami gaeshi – ren hanko
6. okuri gote (ryote)
7. furi ten 2 – ren hanko
8. ude maki
9. keru ten 3 – ren hanko
10. oshi gote (ryote)

application

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

kihon

dan 1

- *kogi* – tobi ren geri
- *bogi* – san rembo

kamoku

dan 1 (goho)

1. tsuki ten san
2. keru ten san

dan 1 (juho)

1. sode nuki
2. sode dori
3. sode maki
4. sode maki tembin
5. eri juji
6. ude juji
7. kiri gote (katate, morote)
8. maki gote (katate, morote)
9. oshi gote (ryote)
10. morote maki nuki (from: ippon se nage)
11. wa nuki (from: ippon se nage)
12. morote okuri gote (from: ippon se nage)
13. ude maki or sode dori (against collar and sleeve grab)

hokei

dan 1

- *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, kushshin zuki, kushshin geri

- **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
- **tenno ken** :
 [kyu 3] – tsuki ten 1
 [dan 1] – furi ten 2, keri ten 3, tsuki ten 3
- **byakuren ken** :
 [kyu 2] – tsubame gaeshi, chidori gaeshi
- **kakuritsu ken** :
 [dan 1] – kinteki geri hiza uke, gyaku geri hiza uke, mawashi geri sambo uke
- **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
 [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)
- **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)
- **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

kata

tenchi ken 3

- **hidari ichiji gamae**
- **ichi, ni, san:** hidari mae chidori ashi, jodan yoko furi zuki, chudan gyaku zuki (30%) mawashi geri (60%)
- **shi, go:** mae chidori ashi (*right*), shuto giri (*right*), chudan gyaku zuki (*left*)
- **roku, shichi:** jun sagari (*left*), shita uke (*right*), keri age (*right*)
- **hachi:** yoko kagi ashi (*right*), zen tenkan, hidari ichiji gamae, zanshin
- **ku:** mae yose ashi (*right*), [kesshu dachi]

tenchi ken 4

- **hidari ichiji gamae**
- **ichi, ni, san, shi:** gyaku geri (*right*), tobi geri (*left*), tobi niren geri, shuto giri (*left*), chudan gyaku zuki (*right*)
- **go, roku:** jun sagari (*right*), shita uke (*left*), keri age (*left*)
- **shichi:** migi han tenkan, migi ichiji gamae, zanshin
- **hachi:** mae yose ashi (*right*), [kesshu dachi]

tenchi ken 5

- **migi ichiji gamae**
- **ichi, ni:** uchi harai uke (*right*), keri age (*right*)
- **san, shi:** mae kagi ashi dachi (*right*), uchi harai uke (*left*), [ichiji gamae], taka geri (*left*), [fuji komi]
- **go, roku:** mae kagi ashi dachi (*left*), uchi harai uke (*right*), sokuto geri, tsuruashi dachi
- **shichi, hachi:** jodan choku zuki (*right*), soto uke (*right*), chudan gyaku zuki (*left*)
- **ku:** uchi harai uke (*right, closed*), [gedan gamae]
- **ju:** yoko kagi ashi, uchi harai uke (*left, open*), zen tenkan, [hidari ichiji gamae, zanshin]
- **ju-icho:** mae yose ashi, [kesshu dachi]

tenchi ken 6

- **hidari ichiji gamae**
- **ichi, ni:** mae yose ashi (*right*), uchi harai (*left*), yoko geri (*left*), [ichiji gamae (*left*)]
- **san, shi:** juji ashi (*left crosses right*), uchi harai (*right*), soto uke (*left*), yoko geri (*right*), [tsuru ashi dachi]
- **go, roku, shichi:** jodan choku zuki (*right*), chudan gyaku zuki (*left*), [kokutsu dachi], jodan modori zuki (*right*)
- **hachi, ku:** keri age (*right*), hidari han tenkan, uchi harai uke (*left*), [hidari ichiji gamae, zanshin]
- **ju:** mae yose ashi, [kesshu dachi]

byakuren ken 1

- **hidari taiki gamae**
- **ichi, ni, san:** chidori ashi (*left*), uchi uke (*left*), shuto giri (*left*), chudan choku zuki (*right*)
- **shi, go:** jun sagari (*right*), shita uke (*left*), keri age (*left*)
- **roku, shichi:** yoko kagi ashi, zen tenkan; (migi) taiki gamae
- **repeat with right side, finish with hidari ichiji gamae**

terminology

attacks

- **katate** – one hand
- **morote** – two hands, one side
- **ryote** – two hands, two sides