

kyu 4

gakka

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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 keru-komi 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 geri-hanko (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 keru-komi 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