

kyu 3

gakka

kyu 3

1. So Doshin's motivation and purpose for founding Shorinji Kempo
2. the meaning of Bu and the essence of Budo
3. the essence of shorinji kempo
4. ken zen ichiniyo (unity of ken and zen)

techniques

basic

1. *kogi* – furiko zuki, keru age, zenshin jun zuki, gyaku zuki, jo chu ni ren zuki, sashi komi ashi keru age, sashi kae ashi keru age
2. *bogi* – uwa uke, uchi uke, shita uke
3. *umpo ho* – mae chidori ashi, ushiro chidori ashi, kani ashi, juji ashi, kumo ashi
4. *ukemi* – dai sha rin, mae ukemi, ushiro ukemi, oten oki agari
5. *tan en* – tenchi ken 1 (left & right)

goho

1. uchi uke zuki
2. shita uke geri
3. uwa uke zuki
4. ryusui geri
5. uwa uke geri

juho

1. ude juji tate gassho gatame
2. kote nuki ura ken, chudan zuki
3. gyaku gote mae yubi gatame
4. katate yori nuki
5. ryote yori nuki

kumi embu

kyu 3

1. ryusui geri
2. uwa uke geri
3. kote nuki
4. gyaku gote

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5. uchi uke zuki
 6. shita uke geri
 7. uwa uke zuki
 8. katate yori nuki
 9. ryote maki nuki
 10. katate okuri gote

application

1. *goho* – offense: single straight punches to jodan and chudan ; counter offenses are allowed and both persons can attack.
2. *juho* – offense: grabbing inner or outer wrist of single hand; defense: nuki waza or gyaku waza

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 (keru-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

kamoku

kyu 3 (goho)

1. ryusui geri (ushiro ryusui)
2. tenshin geri
3. uchi uke zuki
4. uwa uke zuki
5. uwa uke geri
6. shita uke geri

kyu 3 (juho: nuki waza)

1. kote nuki [uraken, chudan zuki]

2. katate yori nuki
3. katate maki nuki
4. tsuki nuki (soto, uchi)
5. kiri nuki (soto, uchi)
6. juji nuki (katate)
7. oshi nuki (katate)

kyu 3 (juho: gyaku waza)

1. gyaku gote (mae yubi gatame)

hokei

kyu 3

- **nio ken** :
[kyu 4] – ryusui geri, uchi uke zuki, uwa uke geri
[kyu 3] – uwa uke zuki
- **sango ken** :
[kyu 3] – shita uke geri, shita uke jun geri
- **tenno ken** :
[kyu 3] – tsuki ten 1
- **kongo ken** :
[kyu 4] – ude juji gatame
- **ryuo ken** :
[kyu 4] – kote nuki, yori nuki (katate & ryote)
[kyu 3] – maki nuki (katate & ryote)
- **ryuka ken** :
[kyu 4] – gyaku gote (mae yubi gatame)
[kyu 3] – okuri gote (katate), okuri maki tembin
kata muna otoshi, eri juji

terminology

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

attacks

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

kata

tenchi ken 1

- *hidari chudan gamae*
- **ichi:** hidari mae chidori ashi, jodan choku zuki
- **ni:** migi yose ashi, migi chudan gyaku zuki
- **san:** heima dachi (*left*), migi soto uke, hidari yoko kagi zuki
- **shi:** hidari hiraki sagari, migi uwa uke
- **go:** migi ushiro yose ashi, hidari shita uke, migi uchi uke
- **roku:** hikimi (*abdomen*), migi uchi harai uke, hidari soto uke
- **shichi:** migi keru age
- **hachi:** migi hiraki sagari, hidari shita uke, hidari ichiji gamae; zanshin
- **ku:** migi mae yose ashi, [kesshu dachi]