

dan 3

gakka

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- home work:
 1. describe the six distinguishing characteristics of shorinji kempo
 2. describe the history and founding of shorinji kempo
- basic subjects:
 1. the history and founding of shorinji kempo
- from tokuhon
 1. on sen (initiative)
 2. ma'ai and opportunities for offense and defense
 3. shorinji kempo symbols and activities
- questions:
 1. pressure points of the head, face and neck (22 points)
 2. pressure points of the arm and hand (15 points)
 3. pressure points of the leg and foot (21 points)
 4. pressure points of the chest and stomach (12 points)

essay

1. describe the six distinguishing characteristics of shorinji kempo

techniques

basic: dan 3

1. *tai gamae, tai sabaki & umpo ho*:
 [tai gamae] – chudan gamae, hasso gamae, ichiji gamae
 [tai sabaki] – zen tenkan, han tenkan, jun sagari, hiraki sagari
 [umpo ho] – chidori ashi, kani ashi, juji ashi, kumo ashi
2. *ukemi*: dai sharin, mae ukemi, ushiro ukemi, oten yori okiagari
3. *basic offense techniques*: (kaisoku dachi) furiko zuki, shuto uchi, kumade zuke, keri age; (right and left sides) jo chu niren zuki, jo chu mawashi geri, ren geri, sashi kae sokuto geri
4. *basic defense techniques*: uwa uke (tsuki), uchi uke (tsuki), shita uke (keri), soto uke (tsuki), uchi age uke (keri), uchi harai uke (keri)
5. *offenses and defenses while moving*: zenshin tsuki keri (jo chu niren zuki, jo chi mawashi geri), hiraki sagari and ren uke
6. *tan en* – tenchi ken 1 - 6, giwa ken dai 1 & 2, byakuren ken 1, ko manji ken (2: ryo ken dai 1, 4: ryo no kata)
7. *so tai* – tenchi ken 1, tenchi ken 2, giwa ken dai 1

random: dan 3

- 5 goho & 5 juho

kumi embu*dan 3*

1. kushin geri ten kai ren geri
2. mikazuki gaeshi kari ashi
3. morote kiri kaeshi nage – (offense) ude ushiro neji nage
4. ryote katate nage → kannuki gatamae
5. keriten 1 sukui nage
6. sode maki gaeshi → kannuki gatamae – (offense) ashi barai

application

1. *goho* – free randori
2. *juho* – offense: grab wrist, sleeve or collar; defense: ryuo ken, ryuka ken, rakan ken