

dan 4

gakka

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1. what is religion?
2. what is a buddhist temple?
3. innen (kharma)
4. the correct teaching of the Buddha
5. the teachings of Kongo Zen
6. the moralnature of Dharma and human divinity (spirituality)
7. go ju ittai (the unity of go and ju)
8. kumite shutai (emphasizing practice in pairs)
9. diagram of pressure points (kyusho) in head, face and neck
10. diagram of pressure points in hand and arm
11. diagram of pressure points in feet and legs
12. diagram of pressure points in trunk

subjects

1. what are the central ideas of shorinji kempo
2. explain each of the riho
3. discuss why shorinji kempo is not merely a sport or martialart

essay

1. explain the essence of shorinji kempo and describe the proper behavior of shorinji kempo leaders (min. 2000 words)
2. your present state of mind and aspirations (min. 600 words)

techniques

basic

1. *tan en* – tenchi ken 1, tenchi ken 2; tenchi ken 3, tenchi ken 4, tenchi ken 5, tenchi ken 6, byakuren dai 1, ko manji ken

random

- 5 goho & 5 juho

kumi embu

dan 4

1. gedan gaeshi to tobi ren geri
2. gyaku geri chi san – ren hanko
3. okuri sode dori or okuri sode maki
4. omote nage or ura nage
5. chudan gaeshi to uchi uke zuki

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6. dan geri sambo uke dan geri gaeshi
7. maki komi gote or morote kiri gote
8. ushiro eri dori or ushiro kubi nage
9. kaishin zuki to osae kannuki nage
10. hangetsu kubi nage

application

1. *goho* – free randori
2. *juho* – offense: grab wrist, sleeve or lapel; defense: nuki waza or gyaku waza
attack and defence
1. tsuki ten 1
2. keru ten 3
3. sashi komi mawashi geri & harai uke geri
4. sashi kae mawashi geri & mawashi geri sambo uke nami gaeshi
5. dan geri sambo uke dan geri gaeshi