

exams

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

2

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

kyu 2

gakka

kyu 2

1. how to learn shorinji kempo
2. the three teachings of Ken
3. defense is primary, offense is secondary
4. shorinji kempo must not hurt people, but develop them

techniques

basic

1. *kogi* – zenshin jun zuki, gyaku zuki, jo chu ni ren zuki, jo chu keri san ren ko, sashi komi mawashi geri, sashi kae soku to geri
2. *bogi* – dan uke (uwa uke & uchi uke, uchi age uke & uchi otoshi uke), ren uke, harai uke, juji 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, tenchi ken 2; giwa ken 1

random

- 5 goho & 5 juho

kumi embu

kyu 2

1. tsubame gaeshi
2. uchi uke geri
3. juji nuki (katate)
4. juji gote (katate)
5. han tenshin geri
6. juji uke geri
7. kiri kaeshi nuki (katate)
8. kiri gote (katate)
9. shita uke jun geri
10. tsuki ten 1

application

1. *goho* – offense tan or ni ren with tsuki and keru or tsuki and tsuki; counter offenses are allowed and both persons can attack.
2. *juho* – offense: katate and ryote; defense: nuki waza or gyaku waza

kyu 1

gakka

kyu 1

1. on timing and distance during offense and defense
2. the five elements of atemi
3. go ju itai (unity of go and ju)
4. kumite shutai (emphasizing practice in pairs)
5. the true meaning of hokei

techniques

basic

1. *tai gamae* & *umpo ho*:
 [tai gamae] – chudan gamae, ichiji gamae, hasso gamae, taiki 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, ryuo ken 1
4. *so tai* – tenchi ken 1, giwa ken 1

random

- 5 goho & 5 juho

kumi embu

kyu 1

1. uchi uke zuki – ren hanko
2. soto uke zuki – ren hanko
3. sode nuki
4. sode dori
5. kusshin zuki – ren hanko
6. soto oshi uke zuki – ren hanko
7. kata muna otoshi
8. eri juji
9. ude maki
10. chidori gaeshi – ren hanko

application

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

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. keri 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

dan 2

gakka

dan 2

1. the history of shorinji kempo (the process of its revival in post-war Japan)
2. how shorinji kempo was established, and the history of naming shorinji kempo
3. budo and the way it should be

4. the true meaning of hokei
5. the principles used in shorinji kempo
6. the three elements of Ken
7. the sixth sense
8. shin ki ryoku – on the unity of mind, spirit and strength
9. hei jo shin – peaceful unmoved state of mind
10. randori when armed with protectors
11. san tei san po niju go kei – 3 parts, 3 systems, 25 branches of techniques
12. kisei and kiai

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essay

1. the purpose of seeking michi (the way) and the value of training
2. your personal view on true strength

techniques

basic

1. *tan en* – tenchi ken 1, tenchi ken 2; tenchi ken 3, tenchi ken 4, tenchi ken 5, tenchi ken 6, ko manji ken
2. *so tai* – ryuo ken 1, tenchi ken 2

random

- 5 goho & 5 juho

kumi embu

dan 2

1. tsuki ten 1 – ren hanko
2. tai ten 1 – ren hanko
3. idori gyaku gote or gyakute nage
4. uwa uke nage or uwa uke gyakute nage
5. kinteki geri hiza uke nami gaeshi – ren hanko
6. jun geri chi 1 – ren hanko
7. maki otoshi or soto maki otoshi
8. okuri hiji zeme
9. shita uke geri kote nage
10. keru ten 1, sukui kubi nage

application

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

dan 3

gakka

dan 3 (new)

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

essay

1. shorinji kempo as a "gyo" or method of spiritual development and how budo (martial arts) should really be
2. how to live the teachings of Kongo Zen in your everyday life

techniques

basic

1. *tan en* – tenchi ken 1, tenchi ken 2; tenchi ken 3, tenchi ken 4, tenchi ken 5, tenchi ken 6 (all from right side) ryu no kata
2. *so tai* – ryuo ken 1 (defence from left), tenchi ken 2 (defence from left)

random

- 5 goho & 5 juho

kumi embu

dan 3

1. gedan gaeshi – ren hanko
2. chudan gaeshi – ren hanko
3. konoha okuri
4. ryo nage or soto maki tembin
5. mikazuki gaeshi or suigetsu gaeshi
6. sokuto geri hiki ashi nami gaeshi
7. sode maki or sode maki gaeshi
8. okuri tsuki taoshi or koshi kujiki

9. hangetsu gaeshi sukui kubi nage
10. kiri kaeshi gote or kiri kaeshi nage

application

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

dan 4

gakka

dan 4

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
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. keri 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