

## 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

2

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