

kyu 2

gakka

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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

kata

1. tenchi ken dai 2 (sotai)

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 keri 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