

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

kata

1. tenchi ken dai 5 (tan en)
2. tenchi ken dai 6 (tan en)
3. byakuren ken dai 1 (tan en)

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

kihon

kyu 1

- *tai gamae* – nio-gamae
- *kogi* – nai wanto uchi, keri-komi, ren-geri, tobikomi-geri
- *bogi* – uchi oshi-uke, dan-uke, uchi otoshi-uke, yoko juji-uke, shita juji-uke
- *shuho* – sankaku-shuho

hokei

kyu 1

- *nio ken* :
[*kyu 6*] – ryusui geri (ushiro), uwa uke zuki (omote, ura), uchi uke zuki (ura), tenshin geri
[*kyu 5*] – ryusui geri (mae), uwa uke geri (omote, ura)
[*kyu 4*] – uchi age zuki (ura, omote), uchi age geri (ura, omote), soto uke zuki (ura, omote), soto uke geri (ura, omote)
[*kyu 3*] – uchi uke geri (ura, omote), soto oshi uke zuki, uchi oshi uke zuki
[*kyu 2*] – uchi uke zuki (omote), kusshin zuki, kusshin geri, kusshin zuki geri, soto oshi uke geri, uchioshi uke geri
- *sango ken* :
[*kyu 5*] – shita uke geri, shita uke jun geri
[*kyu 3*] – juji uke geri
[*kyu 2*] – han tenshin geri, yoko tenshin geri
[*kyu 1*] – harai uke geri
- *tenno ken* :
[*kyu 3*] – tsuki ten 1
[*kyu 2*] – konten 1
[*kyu 1*] – furi ten 2, tsuki ten 2, keri ten 3, tsuki ten 3
- *byakuren ken* :
[*kyu 1*] – tsubame gaeshi, chidori gaeshi
- *chio ken* :
- *kakuritsu ken* :
- *ryuo ken* :
[*kyu 6*] – kote nuki
[*kyu 5*] – katate yori nuki, maki nuki (katate)
[*kyu 4*] – tsuki nuki (soto, uchi), kiri nuki (soto, uchi)
[*kyu 3*] – ryote yori nuki, tsuki nuki (ryote), maki nuki (ryote), juji nuki (katate), nidan nuki, hiji nuki yori mae tembin
[*kyu 2*] – kiri kaeshi nuki (katate & morote), sankaku nuki juji nuki (ryote), gassho nuki, johaku nuki (katate, ryote), oshi kiri nuki
[*kyu 1*] – morote tsuki nuki, katate oshi nuki, morote juji nuki, morote hiji nuki, eri nuki, sode nuki

- **ryuka ken** :
 [kyu 5] – gyaku gote
 [kyu 4] – okuri gote (katate), okuri maki tembin
 [kyu 3] – gyaku gote yori ura gaeshi nage, juji gote (katate)
 [kyu 2] – okuri gote (ryote), okuri dori, okuri yoko tembin, juji gote (ryote), ryaku juji gote, maki juji gote, kiri gote (katate & morote)
 [kyu 1] – maki gote (katate, morote), morote juji gote
- **goka ken** :
 [dan 5] – kannuki katate nage, katate kannuki nage, ryote kannuki nage, kammuki nai tembin, osae kannuki nage soto, bukkotsu nage, harai bukkotsu nage, ushiro bukkotsu nage
- **kongo ken** :
 [kyu 6] – ude juji gatame
 [kyu 5] – mae jubi gatame
 [kyu 4] – okuri gatame
 [kyu 3] – ura gatame, jui gatame, tate gassho gatame
 [kyu 2] – okuri yubi dori
 [kyu 1] – mae tembin gatame, tembin gatame (ura)
- **rakan ken** :
 [kyu 2] – johaku dori (katate, ryote)
 [kyu 1] – sode maki, sode dori, sode maki tembin, hiki otoshi, kata muna otoshi, ude maki, eri juji

kata

tenchi ken 1

- *hidari chudan gamae*
- **ichi**: hidari mae chidori ashi, jodan choku zuki
- **ni**: migi yose ashi, migi chudan gyaku zuki
- **san**: heima dachi (*left*), migi soto uke, hidari yoko kagi zuki
- **shi**: hidari hiraki sagari, migi uwa uke
- **go**: migi ushiro yose ashi, hidari shita uke, migi uchi uke
- **roku**: hikimi (*abdomen*), migi uchi harai uke, hidari soto uke
- **shichi**: migi keri age
- **hachi**: migi hiraki sagari, hidari shita uke, hidari ichiji gamae; zanshin
- **ku**: migi mae yose ashi, [kesshu dachi]

tenchi ken 2

- *hidari ichiji gamae*
- **ichi, ni**: hidari mae chidori ashi, jodan yoko furi zuki, chudan gyaku zuki
- **san**: heima dachi (*left*), migi uchi age, hidari yoko kagi zuki
- **shi, go**: sashi kae ashi (*right*), jodan chodan zuku (*right*), chudan gyaku zuki (*left*)

- **roku, shichi**: jun sgarai (*left*), uchi uke (*right*), uchi otoshi uke, soto uke (*left*), nio uke (*nio gamae*), keri age (*right*)
 - **hachi**: hiraki sagari (*right*), shita uke (*left*), hidari ichiji gamae; zanshin.
 - **ku**: mae yose ashi (*right*), [kesshu dachi]
- giwa ken 1*
- *hidari ichiji*
 - **ichi, ni**: mae chidori ashi, jodan zuki (*left*); chudan gyaku zuki
 - **san, shi**: jun sagari, soto uke (*right*), uchi uke, uchi otoshi uke (*left*), nioke; nio gamae, keri age (*left*), ichiji gamae, zanshin.
 - **go, roku**: yoko kagi ashi, zen tenkan; (migi) gedan gamae, chudan gamae
 - *repeat with right side.*

terminology

attacks

- *katate* – one hand
- *morote* – two hands, one side
- *ryote* – two hands, two sides

orientation

- *irimi* – forward, inside
- *omote* – exterior
- *mae* – front
- *uchi* – inside
- *ushiro* – back
- *soto* – outside
- *uwa* – upwards
- *yoko* – side

parts

- *ashi* – foot
- *bukkotsu* – throat
- *eri* – collar
- *hiji* – elbow
- *hiza* – knee
- *jo-haku* – upper arm
- *gi* – uniform
- *ken* – fist
- *kinteki* – groin
- *kata* – shoulder
- *koshi* – hip
- *kote* – wrist
- *kubi* – neck
- *obi* – belt
- *sode* – sleeve
- *tembin* – elbow
- *yubi* – thumb