

dan 1

gakka

dan 1

1. shorinji kempo is a discipline that develops individuals
2. six distinguishing characteristics of shorinji kempo
3. key attitudes towards training
4. the five elements of atemi
5. systems of training
6. kisei and kiai
7. timing and distance during offenses and defences
8. discuss about true strength

essay

1. what is true strength?
2. your motives for starting shorinji kempo and your present state of mind

techniques

basic: dan 1

1. *tai gamae, tai sabaki & umpo ho*:
 [tai gamae] – chudan gamae, hasso gamae, ichiji gamae
 [tai sabaki] – zen tenkan, han tenkan, jun sagari, hiraki sagari
 [umpo ho] – chidori ashi, kani ashi, juji ashi, kumo ashi
2. *ukemi*: dai sharin, mae ukemi, ushiro ukemi, oten yori okiagari
3. *basic offense techniques*: (kaisoku dachi) furiko zuki, shuto uchi, kumade zuke, keri age; (right and left sides) jo chu niren zuki, jo chu mawashi geri, ren geri, sashi kae sokuto geri
4. *basic defense techniques*: uwa uke (tsuki), uchi uke (tsuki), shita uke (keri), soto uke (tsuki), uchi age uke (keri), uchi harai uke (keri)
5. *offenses and defenses while moving*: zenshin tsuki keri (jo chu niren zuki, jo chi mawashi geri), hiraki sagari and ren uke
6. *tan en* – tenchi ken 1, tenchi ken 2; tenchi ken 3, tenchi ken 4, tenchi ken 5, tenchi ken 6, byakuren ken 1
7. *so tai* – tenchi ken 1, tenchi ken 2, giwa ken dai 1, ryuo ken dai 1

random: dan 1

- 5 goho & 5 juho

kumi embu

dan 1

1. harai uke geri & tsuki ten san
2. gyaku geri hiza uke name gaeshi & tsuki ten ichi

3. morote kiri gote (attack: ude ushiro neji age)
4. morote oshi nuki (attack: gyaku tembin)
5. chidori gaeshi kari ashi
6. kote maki gaeshi (continue: kannuki gatame)

application

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