

dan 2

gakka

dan 2

- home work:
 1. describe shorinji kempo as a discipline (gyo) that develops
 2. the symbols and activities of shorinji kempo individuals
- basic subjects:
 1. the six distinguishing characteristics of shorinji kempo
 2. motivation and goals for the founding of shorinji kempo
- from tokuhon
 1. the three techniques of ken
 2. the three essentials of ken
 3. the technical principles of shorinji kempo practice
- questions:
 1. the practice of chinkon
 2. the classification system of shorinji kempo techniques
 3. mind, ki and strength

essay

1. describe shorinji kempo as a discipline (gyo) that develops individuals

techniques

basic: dan 2

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 2

- 5 goho & 5 juho

kumi embu

dan 2

1. tai ten 1 & keri ten san – (defense) 3 ren ko: jodan, chudan zuki, mawashi geri
2. jun geri chi 3 & tsuki ten 2 – (defense) 2 tsuki to jodan
3. ryu nage → ryu gatamae
4. morote gyaku gote – (offense) ippon se nage
5. shita uke geri kote nage → tembin gatamae (ura)
6. uwa uke nage → kannuki gatamae

application

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