



*shorinji kempo*



## terminology

- *ichi, ni, san, shi, go, roku, shichi, hachi, ku, ju*

*count*

- *shugo* – row up!
- *seirets* – straight line!
- *sensei* – master, teacher
- *ken-shi* – shorinji kempo students
- *lei* – salutation
- *naole* – arms down!
- *lenshu-o-hajime-masu* – salutation from sensei to kensshi
- *onegai-shimasu* – salutation from kensshi to sensei
- *lenshu owarime-masu* – salutation from sensei (at end of lesson)
- *arigato goza-imashita* – thanking for lesson
- *gasho* – salutation or greeting
- *chiyakuza (tjakza)* – sit down! (zazen way)
- *me-moku* – close eyes!
- *chosoku* – control breathing!
- *kiritsu* – stand up!
- *kesshu* – hands down (lock thumbs, fold)
- *hai* – yes!
- *yoi* – be ready!
- *kamae* – take position!
- *hajime* – start!
- *yame* – stop!

*etiquette*

- *tai gamae* – stances
- *tai sabaki* – body motion
- *sokui ho* – foot and leg placement
- *unpo ho* – foot and leg movement
- *kogi* – attack techniques
- *bogi* – defence techniques
- *shuho* – defence methods

*kihon*

- *kiso zuki* (kisjoski) – basic techniques
- *kaisoku chudan gamae* – basic stance (two fists)
- *me-uchi* – eye whip
- *jodan zuki* – punch head
- *chudan zuki* – punch chest
- *gedan zuki* – punch down
- *kinteki geri* – kick to groin
- *mae geri chudan* – front kick to chest
- *uwa-uke* – defend high (jodan zuki)
- *shita-uke* – defend middle (chudan zuki)

*basics*

- *happo moku* – look at opponent!
- *hidari-mae chudan gamae* – left front, fist
- *hidari-mae ichiji gamae* – left front, open hand
- *midai-mae chudan gamae* – right front, fist
- *migi-mae ichiji gamae* – right front, open hand
- *dai sharin* – cart wheel
- *mae ukemi* – roll forwards
- *ushiro ukemi* – roll backwards
- *seitai gamae* – stance with partner
- *tai gamae* – symmetric stance (L/L or R/R)
- *hiraki gamae* – mirror stance (L/R or R/L)
- *mawashi geri* – round kick
- *sokuto geri* – side kick
- *sei-ken* – fist
- *ura-ken* – back of fist
- *hira-ken* – open side of fist
- *sho-ken* – under side of fist (hammer)
- *shuto* – under side of open hand (knife)
- *kumade* – punch with open hand (fingers closed)
- *harai-uke* – defense with lower arm
- *uchi harai-uke* – with lower arm and fist
- *yoko juji-uke* – with two arms crossed

*shorinji kempo*

- *goho* – hard techniques
- *seiho* – healing techniques
- *juho* – soft techniques

*seiho*

1. *seikei* – balancing the central meridians
2. *seimyaku* – balancing the peripheral meridians
3. *seikotsu* – correcting bone positions
4. *kappo* – resuscitation

*goho*

1. *tsuki waza* – strikes
2. *uchi waza* – hammers
3. *kiri waza* – cutting
4. *keri waza* – kicks
5. *kari waza* – reaping
6. *fumi waza* – stamps
7. *tai gi* – body techniques
8. *bogi* – defenses
9. *dokko den* – weapon techniques
10. *nyoi den* – short rod techniques
11. *kongo den* – stick and short staff techniques

*juho*

1. *gyaku waza* – joint reverses

2. *nage waza* – throws
3. *katame waza* – pins
4. *shime waza* – chokes
5. *tori waza* – arrests
6. *o-atsu waza* – pressure techniques
7. *nuki teho* – hand releases
8. *nuki miho* – escapes
9. *bakuho* – binding methods

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

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

- *atemi* – striking, offense
- *dori* – grip, lock
- *gaeshi* – return
- *geri* – kick
- *gote* – twist
- *idori* – kneeling
- *jime* – strangle
- *kagi-te* – open hand
- *kiri* – cut
- *maki* – wrap, bind up
- *nage* – throw
- *nuki* – escape
- *tanto tori* – knife attack(s)
- *uke* – block
- *ukemi* – roll
- *zuki* – punch

- *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

*attacks*

*orientation*

- *fukudoku-hon* (textbook WSKO, 1995)
- *live half for yourself, half for others* (WSKO)
- *give me leaders, not followers* (WSKO)
- *kamoku* (WSKO, 1981)
- *primary curriculum* (WSKO, 1996)
- tokyo university site
- online resources ([www.shorinjikempo.nl](http://www.shorinjikempo.nl))
- [www.shorinjikempo.or.jp](http://www.shorinjikempo.or.jp)

*material*

*actions*

*parts*

## kyu 5

### gakka

kyu 5

1. why do you want to study martial arts? why did you choose shorinji kempo instead of another martial art?
2. what do you find the most interesting about shorinji kempo and on which points do you place the most importance in your practice?

### techniques

basic

1. zazen manner
2. dojo manner, japanese words, etiquette, kiai
3. kiso zuki
4. jyo chu niren zuki sashi-kae-ashi
5. jun-geri gyaku-geri niren sashi-kae-ashi, sashi-komi-ashi
6. jyo-dan sokuto-geri mae juji ashi (right & left)
7. mae-ukemi (right & left)
8. ushiro-ukemi (right & left)
9. dai-sharin (right & left)
10. umpo ho, taisabaki, basic movements

so-tai (pair form)

1. jyo-dan jun-zuki uwa-uke sashi kae-ashi
2. chu-dan gyaku-zuki shita-uke, jun-sagari
3. jyo-dan gyaku-zuki uchi-uke jun-sagari (right & left)
4. jyo-dan mawashi-geri yoko-juji-uke jun-sagari (right & left)

### kihon

kyu 3

- *sokui-ho* – kaisoku-dachi, heisoku-dachi, gyaku-choji-dachi, kunoji-dachi, kokutsu-dachi, heima-dachi, kiba-dachi, fukko-dachi
- *umpo-ho* – mae chidori-ashi, ushiro chidori-ashi, mae yori-ashi, ushiro yori-ashi, kani-ashi, juji-ashi
- *fujin-ho* – seitai-gamae, tai-gamae, hiraki-gamae
- *tai-gamae* – gassho-gamae, byakuren chudan gamae, kesshu-gamae, ichiji-gamae, chudan-gamae, hasso-gamae, gedan-gamae, fukko-gamae
- *tai-sabaki* – hiraki-sagari, jun-sagari, yoko-furimi, ryusui, han-tenkan, zen-tenkan, 3-soku hantenshin, sashikae-irimi, chidori-irimi
- *ukemi* – mae ukemi, ushiro-ukemi, dai-sharin, oten yori oki-agari
- *kogi* – furiko zuki, jun-zuki, gyaku-zuki, 2-ren zuki, yoko kagi-zuki, urate-uchi, uraken uchi, shuto-giri, shuto-uchi, kumade-zuki, gedan-zuki, jun-geri, gyaku-geri (keri-age, mawashi-geri, sokuto-geri, kinteki-geri)

- *bogi* – uwa-uke, uchi-uke, shita-uke, harai-uke, soto-uke, 2-rembo, ryusui-uke, furimi-uke
- *shuho* – kagite-shuho, tsuitate-shuho

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- *migi-mae ichiji gamae* – right front, open hand
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9. *bakuho* – binding methods

## kyu 4

### gakka

kyu 4

1. in each lesson we are reading the philosophy, and each shorinji kempo school places great importance on this. as europeans, what do you think about this philosophy when you read it and how do you relate to it?

### techniques

basic

1. mae ukemi with jump (right & left)
2. ushiro ukemi with push (right & left)
3. yoko ukemi (right & left)
4. dai sharin (with one hand, one side)
5. umpo, taisabaki, basic movements
6. jyo-chu niren zuki gyaku-geri san-ren kerikomi sashi-kae-ashi
7. jyo-dan mawashi-geri ushiro-geri niren, juji-ashi sashi-kae-ashi
8. dan-geri kinteki-mikazuki niren geri fumi-komi ashi, sashi-kae-ashi
9. tobi-komi geri ni-ren kinteki-jyodan jyo-chu-niren zuki (left & right)

so-tai (pair form)

1. jyo-dan mawashi geri yoko-juji-uke mawashi gerihanko (left & right)
2. jyo-dan-gyaku zuki jyo-dan mawashi geri niren uwa-uke nioke jyun-sagari (left & right)
3. sashi-komi-ashi jyun-geri kerikomi uchi-harai-uke chudan zuki-hanko jyun-sagari (left & right)
4. ude-juji koshi-nage tachiai-gassho-gatame
5. shita-uke zuki
6. katate kiri nuki uchi

### kihon

kyu 3

- *sokui-ho* – kaisoku-dachi, heisoku-dachi, gyakuchoji-dachi, kunoji-dachi, kokutsu-dachi, heima-dachi, kiba-dachi, fukko-dachi
- *umpo-ho* – mae chidori-ashi, ushiro chidori-ashi, mae yori-ashi, ushiro yori-ashi, kani-ashi, juji-ashi
- *fujin-ho* – seitai-gamae, tai-gamae, hiraki-gamae
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- *tai-sabaki* – hiraki-sagari, jun-sagari, yoko-furimi, ryusui, han-tenkan, zen-tenkan, 3-soku hantenshin, sashikae-irimi, chidori-irimi

- *ukemi* – mae ukemi, ushiro-ukemi, dai-sharin, oten yori oki-agari
- *kogi* – furiko zuki, jun-zuki, gyaku-zuki, 2-ren zuki, yoko kagi-zuki, urate-uchi, uraken uchi, shuto-giri, shuto-uchi, kumade-zuki, gedan-zuki, jun-geri, gyaku-geri (keri-age, mawashi-geri, sokuto-geri, kinteki-geri)
- *bogi* – uwa-uke, uchi-uke, shita-uke, harai-uke, soto-uke, 2-rembo, ryusui-uke, furimi-uke
- *shuho* – kagite-shuho, tsuitate-shuho

### hokei

kyu 4

- **nio ken** :  
[kyu 4] – ryusui geri, uchi uke zuki, uwa uke geri
- **kongo ken** :  
[kyu 4] – ude juji gatame
- **ryuo ken** :  
[kyu 4] – kote nuki, yori nuki (katate & ryote)
- **ryuka ken** :  
[kyu 4] – gyaku gote (mae yubi gatame)  
kata muna otoshi, eri juji

### terminology

kihon

- *tai gamae* – stances
- *tai sabaki* – body motion
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- *umpo ho* – foot and leg movement
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- *uchi harai-uke* – with lower arm and fist
- *yoko juji-uke* – with two arms crossed

*actions*

- *atemi* – striking, offense
- *dori* – grip, lock
- *gaeshi* – return
- *geri* – kick
- *gote* – twist
- *idori* – kneeling
- *jime* – strangle
- *kagi-te* – open hand
- *kiri* – cut
- *maki* – wrap, bind up
- *nage* – throw
- *nuki* – escape
- *tanto tori* – knife attack(s)
- *uke* – block
- *ukemi* – roll
- *zuki* – punch

## kyu 3

### gakka

*kyu 3*

1. So Doshin's motivation and purpose for founding Shorinji Kempo
2. the meaning of Bu and the essence of Budo
3. the essence of shorinji kempo
4. ken zen ichinyo (unity of ken and zen)

### techniques

*basic*

1. *kogi* – furiko zuki, keru age, zenshin jun zuki, gyaku zuki, jo chu ni ren zuki, sashi komi ashi keru age, sashi kae ashi keru age
2. *bogi* – uwa uke, uchi uke, shita 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 (left & right)

### goho

1. uchi uke zuki
2. shita uke geri
3. uwa uke zuki
4. ryusui geri
5. uwa uke geri

### juho

1. ude juji tate gassho gatame
2. kote nuki ura ken, chudan zuki
3. gyaku gote mae yubi gatame
4. katate yori nuki
5. ryote yori nuki

### kumi embu

*kyu 3*

1. ryusui geri
2. uwa uke geri
3. kote nuki
4. gyaku gote
5. uchi uke zuki
6. shita uke geri

7. uwa uke zuki
8. katate yori nuki
9. ryote maki nuki
10. katate okuri gote

### application

1. *goho* – offense: single straight punches to jodan and chudan ; counter offenses are allowed and both persons can attack.
2. *juho* – offense: grabbing inner or outer wrist of single hand; defense: nuki waza or gyaku waza

### kihon

*kyu 3*

- *sokui-ho* – kaisoku-dachi, heisoku-dachi, gyaku-choji-dachi, kunoji-dachi, kokutsu-dachi, heima-dachi, kiba-dachi, fukko-dachi
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- *tai-gamae* – gassho-gamae, byakuren chudan gamae, kesshu-gamae, ichiji-gamae, chudan-gamae, hasso-gamae, gedan-gamae, fukko-gamae
- *tai-sabaki* – hiraki-sagari, jun-sagari, yoko-furimi, ryusui, han-tenkan, zen-tenkan, 3-soku hantenshin, sashikae-irimi, chidori-irimi
- *ukemi* – mae ukemi, ushiro-ukemi, dai-sharin, oten yori oki-agari
- *kogi* – furiko zuki, jun-zuki, gyaku-zuki, 2-ren zuki, yoko kagi-zuki, urate-uchi, uraken uchi, shuto-giri, shuto-uchi, kumade-zuki, gedan-zuki, jun-geri, gyaku-geri (keru-age, mawashi-geri, sokuto-geri, kinteki-geri)
- *bogi* – uwa-uke, uchi-uke, shita-uke, harai-uke, soto-uke, 2-rembo, ryusui-uke, furimi-uke
- *shuho* – kagite-shuho, tsuitate-shuho

### kamoku

*kyu 3 (goho)*

1. ryusui geri (ushiro ryusui)
2. tenshin geri
3. uchi uke zuki
4. uwa uke zuki
5. uwa uke geri
6. shita uke geri

*kyu 3 (juho: nuki waza)*

1. kote nuki [uraken, chudan zuki]
2. katate yori nuki
3. katate maki nuki
4. tsuki nuki (soto, uchi)

5. kiri nuki (soto, uchi)
6. juji nuki (katate)
7. oshi nuki (katate)

*kyu 3 (juho: gyaku waza)*

1. gyaku gote (mae yubi gatame)

## hokei

*kyu 3*

- **nio ken** :  
[*kyu 4*] – ryusui geri, uchi uke zuki, uwa uke geri  
[*kyu 3*] – uwa uke zuki
- **sango ken** :  
[*kyu 3*] – shita uke geri, shita uke jun geri
- **tenno ken** :  
[*kyu 3*] – tsuki ten 1
- **kongo ken** :  
[*kyu 4*] – ude juji gatame
- **ryuo ken** :  
[*kyu 4*] – kote nuki, yori nuki (katate & ryote)  
[*kyu 3*] – maki nuki (katate & ryote)
- **ryuka ken** :  
[*kyu 4*] – gyaku gote (mae yubi gatame)  
[*kyu 3*] – okuri gote (katate), okuri maki tembin  
kata muna otoshi, eri juji

- *gote* – twist
- *idori* – kneeling
- *jime* – strangle
- *kagi-te* – open hand
- *kiri* – cut
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- *nuki* – escape
- *tanto tori* – knife attack(s)
- *uke* – block
- *ukemi* – roll
- *zuki* – punch

*attacks*

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

## 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]

## terminology

*actions*

- *atemi* – striking, offense
- *dori* – grip, lock
- *gaeshi* – return
- *geri* – kick

## kyu 2

### gakka

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

1. *kogi* – zenshin jun zuki, gyaku zuki, jo chu ni ren zuki, jo chu keru 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

- 5 goho & 5 juho

### kumi embu

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 keru 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

## kihon

*kyu 2*

- *sokui-ho* – mae kagi ashi dachi
- *umpo-ho* – kumo ashi (mae, ushiro), sashi komi ashi, sashi kae ashi
- *tai-sabaki* – kusshin
- *kogi* – furi zuki, yoko hiji ate, shoken uchi, dan zuki (me-uchi & chudan zuki), sashi-komi geri, sashi-kae geri
- *bogi* – soto oshi uke, uchi-age uke

### kamoku

*kyu 2 (goho)*

1. soto oshi uke zuki
2. kusshin zuki
3. kusshin geri
4. uchi uke geri
5. ryusui geri (mae, against shuto uchi)
6. uchi age zuki
7. uchi age geri

*kyu 2 (juho: nuki waza)*

1. yori nuki (ryote)
2. tsuki nuki (ryote)
3. maki nuki (ryote)
4. juji nuki (ryote)
5. gassho nuki
6. johaku nuki
7. nidan nuki
8. hiji nuki mae tembin

*kyu 2 (juho: gyaku waza)*

1. katate okuri dori yubi dori, ura gatame)
2. okuri gote (maki tembin)
3. johaku dori & johaku maki
4. sei juji gote (katate)
5. gyaku gote (ura gaeshi, ura gatame)

### hokei

*kyu 2*

- *nio ken* :  
[*kyu 4*] – ryusui geri, uchi uke zuki, uwa uke geri  
[*kyu 3*] – uwa uke zuki  
[*kyu 2*] – tenshin geri, uchi uke geri
- *sango ken* :  
[*kyu 3*] – shita uke geri, shita uke jun geri  
[*kyu 2*] – yoko tenshin geri, han tenshin geri, juji uke geri

- **tenno ken** :  
[kyu 3] – tsuki ten 1
- **byakuren ken** :  
[kyu 2] – tsubame gaeshi, chidori gaeshi
- **kongo ken** :  
[kyu 4] – ude juji gatame
- **ryuo ken** :  
[kyu 4] – kote nuki, yori nuki (katate & ryote)  
[kyu 3] – maki nuki (katate & ryote)  
[kyu 2] – kiri nuki (uchi & soto), juji nuki (katate & ryote), gassho nuki, kiri kaeshi nuki (katate & morote), sankaku nuki
- **ryuka ken** :  
[kyu 4] – gyaku gote (mae yubi gatame)  
[kyu 3] – okuri gote (katate), okuri maki tembin  
[kyu 2] – juji gote (katate & ryote), ryaku juji gote, okuri gote (ryote), kiri gote (katate & morote)

## 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 keru 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*), keru 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, keru 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

## 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

*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. kushin 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

## kamoku

*kyu 1 (goho)*

1. soto uke zuki
2. soto uke geri
3. uchi oshi uke geri
4. furi ten ni
5. harai uke geri
6. juji-uke geri
7. tsuki ten ichi

*kyu 1 (juho: nuki waza)*

1. hiki nuki (ryote)
2. juji nuki (morote)
3. morote oshi nuki (for gyaku tembin)
4. tsuki nuki (morote)
5. oshi kiri nuki
6. eri nuki
7. kiri kaeshi nuki
8. sankaku nuki

*kyu 1 (juho: gyaku waza)*

1. juji gote (ryote)
2. juji gote (morote)
3. ude maki
4. ryaku juji gote
5. ryote okuri gote (from: yori nuki, maki nuki, tsuki nuki)
6. oshi gote (katate)
7. kata muna otoshi

## hokei

*kyu 1*

- *nio ken* :  
[*kyu 4*] – ryusui geri, uchi uke zuki, uwa uke geri  
[*kyu 3*] – uwa uke zuki  
[*kyu 2*] – tenshin geri, uchi uke geri  
[*kyu 1*] – soto uke zuki, soto uke geri, soto oshi uke zuki, kushin zuki, kushin geri

- **sango ken** :  
[kyu 3] – shita uke geri, shita uke jun geri  
[kyu 2] – yoko tenshin geri, han tenshin geri, juji uke geri
- **tenno ken** :  
[kyu 3] – tsuki ten 1
- **byakuren ken** :  
[kyu 2] – tsubame gaeshi, chidori gaeshi
- **kongo ken** :  
[kyu 4] – ude juji gatame
- **ryuo ken** :  
[kyu 4] – kote nuki, yori nuki (katate & ryote)  
[kyu 3] – maki nuki (katate & ryote)  
[kyu 2] – kiri nuki (uchi & soto), juji nuki (katate & ryote), gassho nuki, kiri kaeshi nuki (katate & morote), sankaku nuki  
[kyu 1] – johaku nuki (katate & ryote), oshi kiri nuki, sode nuki, eri nuki
- **ryuka ken** :  
[kyu 4] – gyaku gote (mae yubi gatame)  
[kyu 3] – okuri gote (katate), okuri maki tembin  
[kyu 2] – juji gote (katate & ryote), ryaku juji gote, okuri gote (ryote), kiri gote (katate & morote)  
[kyu 1] – gyaku gote ura gaeshi nage
- **rakan ken** :  
[kyu 1] – johaku dori (katate & ryote), johaku maki (katate), sode dori, sode maki, sode maki tembin, ude maki, kata muna otoshi, 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 keru 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*), keru 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, keru 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

## 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 ;br.[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
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. keru 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

### kihon

*dan 1*

- *kogi* – tobi ren geri
- *bogi* – san rembo

### kamoku

*dan 1 (goho)*

1. tsuki ten san
2. keru ten san

*dan 1 (juho)*

1. sode nuki
2. sode dori
3. sode maki
4. sode maki tembin
5. eri juji
6. ude juji
7. kiri gote (katate, morote)
8. maki gote (katate, morote)
9. oshi gote (ryote)
10. morote maki nuki (from: ippon se nage)
11. wa nuki (from: ippon se nage)
12. morote okuri gote (from: ippon se nage)
13. ude maki or sode dori (against collar and sleeve grab)

### hokei

*dan 1*

- *nio ken* :  
[kyu 4] – ryusui geri, uchi uke zuki, uwa uke geri  
[kyu 3] – uwa uke zuki  
[kyu 2] – tenshin geri, uchi uke geri  
[kyu 1] – soto uke zuki, soto uke geri, soto oshi uke zuki, kushshin zuki, kushshin geri
- *sango ken* :  
[kyu 3] – shita uke geri, shita uke jun geri  
[kyu 2] – yoko tenshin geri, han tenshin geri, juji uke geri  
[dan 1] – harai uke geri

- **tenno ken** :  
[kyu 3] – tsuki ten 1  
[dan 1] – furi ten 2, keru ten 3, tsuki ten 3
- **byakuren ken** :  
[kyu 2] – tsubame gaeshi, chidori gaeshi
- **kakuritsu ken** :  
[dan 1] – kinteki geri hiza uke, gyaku geri hiza uke, mawashi geri sambo uke
- **kongo ken** :  
[kyu 4] – ude juji gatame
- **ryuo ken** :  
[kyu 4] – kote nuki, yori nuki (katate & ryote)  
[kyu 3] – maki nuki (katate & ryote)  
[kyu 2] – kiri nuki (uchi & soto), juji nuki (katate & ryote), gassho nuki, kiri kaeshi nuki (katate & morote), sankaku nuki  
[kyu 1] – johaku nuki (katate & ryote), oshi kiri nuki, sode nuki, eri nuki  
[dan 1] – nidan nuki, oshi nuki (katate), hiki nuki (morote), juji nuki (morote)
- **ryuka ken** :  
[kyu 4] – gyaku gote (mae yubi gatame)  
[kyu 3] – okuri gote (katate), okuri maki tembin  
[kyu 2] – juji gote (katate & ryote), ryaku juji gote, okuri gote (ryote), kiri gote (katate & morote)  
[kyu 1] – gyaku gote ura gaeshi nage  
[dan 1] – oshi gote (katate & ryote), kote maki gaeshi, maki gote (katate & morote), juji gote (morote)
- **rakan ken** :  
[kyu 1] – johaku dori (katate & ryote), johaku maki (katate), sode dori, sode maki, sode maki tembin, ude maki, kata muna otoshi, eri juji

## kata

tenchi ken 3

- **hidari ichiji gamae**
  - **ichi, ni, san:** hidari mae chidori ashi, jodan yoko furi zuki, chudan gyaku zuki (30%) mawashi geri (60%)
  - **shi, go:** mae chidori ashi (*right*), shuto giri (*right*), chudan gyaku zuki (*left*)
  - **roku, shichi:** jun sagari (*left*), shita uke (*right*), keru age (*right*)
  - **hachi:** yoko kagi ashi (*right*), zen tenkan, hidari ichiji gamae, zanshin
  - **ku:** mae yose ashi (*right*), [kesshu dachi]
- tenchi ken 4
- **hidari ichiji gamae**
  - **ichi, ni, san, shi:** gyaku geri (*right*), tobi geri (*left*), tobi niren geri, shuto giri (*left*), chudan gyaku zuki (*right*)

- **go, roku:** jun sagari (*right*), shita uke (*left*), keru age (*left*)
  - **shichi:** migi han tenkan, migi ichiji gamae, zanshin
  - **hachi:** mae yose ashi (*right*), [kesshu dachi]
- tenchi ken 5

- **migi ichiji gamae**
  - **ichi, ni:** uchi harai uke (*right*), keru age (*right*)
  - **san, shi:** mae kagi ashi dachi (*right*), uchi harai uke (*left*), [ichiji gamae], taka geri (*left*), [fuji komi]
  - **go, roku:** mae kagi ashi dachi (*left*), uchi harai uke (*right*), sokuto geri, tsuruashi dachi
  - **shichi, hachi:** jodan choku zuki (*right*), soto uke (*right*), chudan gyaku zuki (*left*)
  - **ku:** uchi harai uke (*right, closed*), [gedan gamae]
  - **ju:** yoko kagi ashi, uchi harai uke (*left, open*), zen tenkan, [hidari ichiji gamae, zanshin]
  - **ju-icho:** mae yose ashi, [kesshu dachi]
- tenchi ken 6

- **hidari ichiji gamae**
- **ichi, ni:** mae yose ashi (*right*), uchi harai (*left*), yoko geri (*left*), [ichiji gamae (*left*)]
- **san, shi:** juji ashi (*left crosses right*), uchi harai (*right*), soto uke (*left*), yoko geri (*right*), [tsuru ashi dachi]
- **go, roku, shichi:** jodan choku zuki (*right*), chudan gyaku zuki (*left*), [kokutsu dachi], jodan modori zuki (*right*)
- **hachi, ku:** keru age (*right*), hidari han tenkan, uchi harai uke (*left*), [hidari ichiji gamae, zanshin]
- **ju:** mae yose ashi, [kesshu dachi]

byakuren ken 1

- **hidari taiki gamae**
- **ichi, ni, san:** chidori ashi (*left*), uchi uke (*left*), shuto giri (*left*), chudan choku zuki (*right*)
- **shi, go:** jun sagari (*right*), shita uke (*left*), keru age (*left*)
- **roku, shichi:** yoko kagi ashi, zen tenkan; (migi) taiki gamae
- *repeat with right side, finish with hidari ichiji gamae*

## terminology

attacks

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

## dan 2

### gakka

*dan 2*

1. the history of shorinji kempo (the process of its revival in post-war Japan)
2. how shorinji kempo was established, and the history of naming shorinji kempo
3. budo and the way it should be
4. the true meaning of hokei
5. the principles used in shorinji kempo
6. the three elements of Ken
7. the sixth sense
8. shin ki ryoku – on the unity of mind, spirit and strength
9. hei jo shin – peaceful unmoved state of mind
10. randori when armed with protectors
11. san tei san po niju go kei – 3 parts, 3 systems, 25 branches of techniques
12. kisei and kiai

...

*essay*

1. the purpose of seeking michi (the way) and the value of training
2. your personal view on true strength

### techniques

*basic*

1. *tan en* – tenchi ken 1, tenchi ken 2; tenchi ken 3, tenchi ken 4, tenchi ken 5, tenchi ken 6, ko manji ken
2. *so tai* – ryuo ken 1, tenchi ken 2

*random*

- 5 goho & 5 juho

### kumi embu

*dan 2*

1. tsuki ten 1 – ren hanko
2. tai ten 1 – ren hanko
3. idori gyaku gote or gyakute nage
4. uwa uke nage or uwa uke gyakute nage
5. kinteki geri hiza uke nami gaeshi – ren hanko
6. jun geri chi 1 – ren hanko
7. maki otoshi or soto maki otoshi
8. okuri hiji zeme
9. shita uke geri kote nage
10. keru ten 1, sukui kubi nage

### application

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

## kihon

*dan 2*

- *sokui-ho* – neko-ashi
- *tai-gamae* – taiki gamae, gyaku gedan-gamae
- *kogi* – hebi-zuki (snake strike), kaeshi geri, kari-ashi
- *bogi* – hiza-uke, ken-uke

### kamoku

*dan 2 (goho)*

1. uchi oshi uke zuki
2. soto oshi uke zuki
3. shita uke jun geri
4. kaishin zuki
5. gedan gaeshi
6. harai uke dan zuki
7. soto uke dan zuki
8. uchi age dan zuki
9. chio ken 1 (jun, gyaku)
10. tsuki ten 2
11. kon ten 1
12. kakaritsu ken 1 (kinteki, hiza uke nami gaeshi)
13. kakaritsu ken 2 (gyaku geri, hiza uke, nami gaeshi)
14. byakuren ken 1 (tsubame gaeshi)
15. byakuren ken 2 (chidori gaeshi)

*dan 2 (juho)*

1. ryo muna otoshi
2. hiki muna otoshi
3. idori gyaku gote (oshi yubi gatame or gyakute gatame)
4. idori okuri gote
5. idori oshi gote
6. idori uwa sode dore (uwa sode maki)
7. morote gyaku gote (tate ichiji gatame, sekoshi ichiji gatame, kumo-garami)
8. tsuri otoshi
9. okuri dori
10. tsuri-age dori
11. kote maki gaeshi
12. sode maki gaeshi
13. sode-guchi dori, sode-guchi maki
14. maki juji-gote
15. maki otoshi
16. soto maki-otoshi
17. hiki-otoshi
18. shita-uke geri, kote nage
19. ninin-nuki (two man draw)
20. ude juji, ura gassho gatame

## hokei

*dan 2*

- **nio ken** :  
[*kyu 4*] – ryusui geri, uchi uke zuki, uwa uke geri  
[*kyu 3*] – uwa uke zuki  
[*kyu 2*] – tenshin geri, uchi uke geri  
[*kyu 1*] – soto uke zuki, soto uke geri, soto oshi uke zuki, kushshin zuki, kushshin geri  
[*dan 2*] – uchi age zuki, kaishin zuki, tanto tsuki komi shita uke zuki, tanto furi age ryusui geri
- **sango ken** :  
[*kyu 3*] – shita uke geri, shita uke jun geri  
[*kyu 2*] – yoko tenshin geri, han tenshin geri, juji uke geri  
[*dan 1*] – harai uke geri  
[*dan 2*] – gyaku tenshin geri
- **tenno ken** :  
[*kyu 3*] – tsuki ten 1  
[*dan 1*] – furi ten 2, keri ten 3, tsuki ten 3  
[*dan 2*] – tsuki ten 2, kon ten 1, tai ten 1, keri ten 1 (sukui kubi nage), gyaku ten 1
- **byakuren ken** :  
[*kyu 2*] – tsubame gaeshi, chidori gaeshi
- **kakuritsu ken** :  
[*dan 1*] – kinteki geri hiza uke, gyaku geri hiza uke, mawashi geri sambo uke
- **chio ken** :  
[*dan 2*] – jun geri chi 1, gyaku geri chi 1, gyaku geri chi 3
- **kongo ken** :  
[*kyu 4*] – ude juji gatame  
[*dan 2*] – okuri tembin dori, tsuri age dori
- **ryuo ken** :  
[*kyu 4*] – kote nuki, yori nuki (katate & ryote)  
[*kyu 3*] – maki nuki (katate & ryote)  
[*kyu 2*] – kiri nuki (uchi & soto), juji nuki (katate & ryote), gassho nuki, kiri kaeshi nuki (katate & morote), sankaku nuki  
[*kyu 1*] – johaku nuki (katate & ryote), oshi kiri nuki, sode nuki, eri nuki  
[*dan 1*] – nidan nuki, oshi nuki (katate), hiki nuki (morote), juji nuki (morote)  
[*dan 2*] – tsuki nuki (uchi & soto), tsuki nuki (ryote & morote), age nuki, hiji nuki mae tembin, uchi nuki (katate & ryote), oshi nuki (morote), morote wa nuki (ippon se nage), morote maki nuki (ippon se nage)
- **ryuka ken** :  
[*kyu 4*] – gyaku gote (mae yubi gatame)  
[*kyu 3*] – okuri gote (katate), okuri maki tembin  
[*kyu 2*] – juji gote (katate & ryote), ryaku juji gote, okuri gote (ryote), kiri gote (katate & morote)  
[*kyu 1*] – gyaku gote ura gaeshi nage

[*dan 1*] – oshi gote (katate & ryote), kote maki gaeshi, maki gote (katate & morote), juji gote (morote)

[*dan 2*] – gyakute nage, ryu nage, soto maki tembin, nuki uchi oshi gote, morote okuri gote baku ho (ichi, ippon se nage), okuri hiji zeme, tsuri otoshi, okuri dori, kiri kaeshi tembin, kiri kaeshi maki tembin, gyaku gote (morote), idori gyaku gote, idori oshi gote

- **rakan ken** :

[*kyu 1*] – johaku dori (katate & ryote), johaku maki (katate), sode dori, sode maki, sode maki tembin, ude maki, kata muna otoshi, eri juji

[*dan 2*] – maki otoshi, soto maki otoshi, hiki muna otoshi, ryo muna otoshi, hiki otoshi

- **goka ken** :

[*dan 2*] – uwa uke nage, uwa uke gyakute nage, gyaku tembin

## kata

*ko manji ken (manji no kata)*

- **uchi otoshi (right, closed), migi gedan gamae**
- **ichi, ni, san:** sashi kae ashi (*left*), soto uke (*right*), jodan zuki (*left*); chudan gyaku dachi (*right*), [zenkutsu dachi]; shita uke (*left*), [ichiji gamae, kokutsu dachi]
- **shi, go, roku:** uchi uke (*left*), chudan gyaku zuki, gyaku geri (*right*)
- **shichi, hachi:** [kokutsu dachi], shita uke (*left*), [hidari ichiji gamae], migi ken uke
- **ku:** yoko kagi ashi (*left*), migi han tenkan, migi uchi otoshi, [migi gedan gamae, zanshin]
- *repeat until original facing, optionally in combination with ryo-o-ken or tan-en embu of ryu-kei techniques*

*ryuo ken 1*

- kote nuki tan en: *migi chudan gamae*
- **ichi, ni:** sashi kae ashi (*left*), kagi te shuho (*right*), ura te uchi (*left, from chudan gamae*)
- **san, shi:** mae yose ashi (*right*), ko-te nuki (*right*), ura ken (*to sango and yongo*)
- **go:** kani ashi (*right*), hidari chudan choku zuki
- **roku, shichi:** fumikomi ashi (*left*), yoko furimi (*left*), migi jodan choku zuki, [migi ichiji gamae], yoko kagi ashi (*left*), migi mawashi geri, juji ashi sagari
- **hachi:** migi hiraki sagari, hidari shita uke, [hidari ichiji gamae, zanshin]
- **ku:** mae yose ashi (*right*), [kesshu dachi]

## dan 3

### gakka

1. history and founding of shorinji kempo
2. on sen (initiative)
3. ma'ai and opportunity for offense and defense
4. shorinji kempo symbols and activities
5. pressure points of the head, face and neck (22 points)
6. pressure points of the arm and hands (15 points)
7. pressure points of the leg and foot (21 points)
8. pressure points of the chest and stomach (12 points)
9. the six distinguishing characteristics of shorinji kempo

dan 3

essay

1. the six distinguishing characteristics of shorinji kempo
2. history and founding of shorinji kempo

### techniques

basic

1. *tan en* – tenchi ken 1, tenchi ken 2; tenchi ken 3, tenchi ken 4, tenchi ken 5, tenchi ken 6 (all from right side) ryu no kata
2. *so tai* – ryuo ken 1 (defence from left), tenchi ken 2 (defence from left)

random

- 5 goho & 5 juho

### kumi embu

dan 3

1. gedan gaeshi – ren hanko
2. chudan gaeshi – ren hanko
3. konoha okuri
4. ryo nage or soto maki tembin
5. mikazuki gaeshi or suigetsu gaeshi
6. sokuto geri hiki ashi nami gaeshi
7. sode maki or sode maki gaeshi
8. okuri tsuki taoshi or koshi kujiki
9. hangetsu gaeshi sukui kubi nage
10. kiri kaeshi gote or kiri kaeshi nage

### application

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

## kihon

dan 3

- *tai-sabaki* – han-tenshin, gyaku-tenshin
- *umpo ho* – nisoku-tenkai
- *kogi* – tenkai ren-geri, kari-taoshi
- *bogi* – sukui-uke, sambo-uke
- *shuho* – kubi-jime shuho

### kamoku

dan 3 (goho)

1. kusshin geri, ten kai ren geri
2. tanto furi age, ryusui geri (knife)
3. tanto tsuki komi, shita uke geri (knife)
4. tanto tsuki komi, kote nage (knife)
5. suigetsu gaeshi
6. mika zuki gaeshi, kari ashi
7. shita uke danzuki
8. keriten 1, sukui kubi nage
9. chio ken 2 (uchi, soto)
10. kakuritsu ken 3
11. kakuritsu ken 4
12. yoko tenshin geri (sango ken)
13. han tenshin geri (sango ken)
14. gyaku tenshin geri (sango ken)

dan 3 (juho)

1. ryu nage
2. yakute nage
3. soto maki tembin
4. gassho okuri dori
5. okuri shishi dori
6. okuri tembin dori
7. okuri maki tembin, ushiro ude gatame
8. okuri tsuki-taoshi
9. koshi-kudaki
10. okuri hiji zeme
11. uwa-uke nage
12. shikake katate-nage
13. gassho katate-nage
14. gyaku katate-nage
15. ushiro sode-dori (sode-maki)
16. ushiro eri-dori
17. yahazu nage
18. sode-juji
19. kumade gaeshi (katate, morote)
20. okuri-gassho (two types)
21. kiri-kaeshi tembin
22. kiri-kaeshi maki-tembin
23. hiki-tembin
24. shita-uke kote-nage
25. kubi jime, juji nage
26. okuri eri-dori

## hokei

dan 3

- **nio ken :**
  - [*kyu 4*] – ryusui geri, uchi uke zuki, uwa uke geri
  - [*kyu 3*] – uwa uke zuki
  - [*kyu 2*] – tenshin geri, uchi uke geri
  - [*kyu 1*] – soto uke zuki, soto uke geri, soto oshi uke zuki, kushshin zuki, kushshin geri
  - [*dan 2*] – uchi age zuki, kaishin zuki, tanto tsuki komi shita uke zuki, tanto furi age ryusui geri
  - [*dan 3*] – soto uke dan zuki, uchi age dan zuki, shita uke zuki, shita uke dan zuki
- **sango ken :**
  - [*kyu 3*] – shita uke geri, shita uke jun geri
  - [*kyu 2*] – yoko tenshin geri, han tenshin geri, juji uke geri
  - [*dan 1*] – harai uke geri
  - [*dan 2*] – gyaku tenshin geri
  - [*dan 3*] – gedan gaeshi, chudan gaeshi
- **tenno ken :**
  - [*kyu 3*] – tsuki ten 1
  - [*dan 1*] – furi ten 2, keri ten 3, tsuki ten 3
  - [*dan 2*] – tsuki ten 2, kon ten 1, tai ten 1, keri ten 1 (sukui kubi nage), gyaku ten 1
- **byakuren ken :**
  - [*kyu 2*] – tsubame gaeshi, chidori gaeshi
  - [*dan 3*] – harai uke dan zuki, mika zuki gaeshi, suigetsu gaeshi, hangetsu gaeshi (sukui kubi nage)
- **kakuritsu ken :**
  - [*dan 1*] – kinteki geri hiza uke, gyaku geri hiza uke, mawashi geri sambo uke
  - [*dan 3*] – sokuto geri hiki ashi, dan geri sambo uke
- **chio ken :**
  - [*dan 2*] – jun geri chi 1, gyaku geri chi 1, gyaku geri chi 3
  - [*dan 3*] – fukko chi 2, harai uke chi 2, jun geri chi 3
- **kongo ken :**
  - [*kyu 4*] – ude juji gatame
  - [*dan 2*] – okuri tembin dori, tsuri age dori
- **ryuo ken :**
  - [*kyu 4*] – kote nuki, yori nuki (katate & ryote)
  - [*kyu 3*] – maki nuki (katate & ryote)
  - [*kyu 2*] – kiri nuki (uchi & soto), juji nuki (katate & ryote), gassho nuki, kiri kaeshi nuki (katate & morote), sankaku nuki
  - [*kyu 1*] – johaku nuki (katate & ryote), oshi kiri nuki, sode nuki, eri nuki
  - [*dan 1*] – nidan nuki, oshi nuki (katate), hiki nuki (morote), juji nuki (morote)
  - [*dan 2*] – tsuki nuki (uchi & soto), tsuki nuki (ryote & morote), age nuki, hiji nuki mae tembin, uchi nuki (katate & ryote), oshi nuki (morote), morote wa nuki (ippon se nage), morote maki nuki (ippon se nage)

- **ryuka ken :**

- [*kyu 4*] – gyaku gote (mae yubi gatame)
- [*kyu 3*] – okuri gote (katate), okuri maki tembin
- [*kyu 2*] – juji gote (katate & ryote), ryaku juji gote, okuri gote (ryote), kiri gote (katate & morote)
- [*kyu 1*] – gyaku gote ura gaeshi nage
- [*dan 1*] – oshi gote (katate & ryote), kote maki gaeshi, maki gote (katate & morote), juji gote (morote)
- [*dan 2*] – gyakute nage, ryu nage, soto maki tembin, nuki uchi oshi gote, morote okuri gote baku ho (ichi, ippon se nage), okuri hiji zeme, tsuri otoshi, okuri dori, kiri kaeshi tembin, kiri kaeshi maki tembin, gyaku gote (morote), idori gyaku gote, idori oshi gote
- [*dan 3*] – kiri kaeshi gote, kiri kaeshi nage, morote kiri kaeshi nage, konoha okuri, konoha gaeshi, okuri yubi gaeshi, nigiri kaeshi, okuri shi shi dori, furisute omote nage, morote okuri kote nage, okuri tsuki taoshi (ippon se nage), koshi kujiki (ippon se nage)

- **rakan ken :**

- [*kyu 1*] – johaku dori (katate & ryote), johaku maki (katate), sode dori, sode maki, sode maki tembin, ude maki, kata muna otoshi, eri juji
- [*dan 2*] – maki otoshi, soto maki otoshi, hiki muna otoshi, ryo muna otoshi, hiki otoshi
- [*dan 3*] – sode maki gaeshi, sode guchi dori, sode guchi maki

- **goka ken :**

- [*dan 2*] – uwa uke nage, uwa uke gyakute nage, gyaku tembin
- [*dan 3*] – katate nage, gyaku katate nage, gassho katate nage, okuri katate nage, ryote katate nage, morote katate nage, hiki tembin, gyaku hiki tembin, gassho hiki tembin

## kata

ryu no kata

- gyaku gote form of ryuo ken 1
- ryuo ken 1
- kote nuki tan en: *migi chudan gamae*
  - **ichi, ni:** sashi kae ashi (*left*), kagi te shuho (*right*), ura te uchi (*left, from chudan gamae*)
  - **san, shi:** mae yose ashi (*right*), ko-te nuki (*right*), ura ken (*to sango and yongo*)
  - **go:** kani ashi (*right*), hidari chudan choku zuki
  - **roku, shichi:** fumikomi ashi (*left*), yoko furimi (*left*), migi jodan choku zuki, [migi ichiji gamae], yoko kagi ashi (*left*), migi mawashi geri, juji ashi sagari
  - **hachi:** migi hiraki sagari, hidari shita uke, [hidari ichiji gamae, zanshin]
  - **ku:** mae yose ashi (*right*), [kesshu dachi]

## dan 4

### gakka

1. what is religion?
2. what is a buddhist temple?
3. innen (kharma)
4. the correct teaching of the Buddha
5. the teachings of Kongo Zen
6. the moralnature of Dharma and human divinity (spirituality)
7. go ju ittai (the unity of go and ju)
8. kumite shutai (emphasizing practice in pairs)
9. diagram of pressure points (kyusho) in head, face and neck
10. diagram of pressure points in hand and arm
11. diagram of pressure points in feet and legs
12. diagram of pressure points in trunk

*subjects*

1. what are the central ideas of shorinji kempo
2. explain each of the riho
3. discuss why shorinji kempo is not merely a sport or martialart

*essay*

1. explain the essence of shorinji kempo and describe the proper behavior of shorinji kempo leaders (min. 2000 words)
2. your present state of mind and aspirations (min. 600 words)

### techniques

*basic*

1. *tan en* – tenchi ken 1, tenchi ken 2; tenchi ken 3, tenchi ken 4, tenchi ken 5, tenchi ken 6, byakuren dai 1, ko manji ken

*random*

- 5 goho & 5 juho

### kumi embu

*dan 4*

1. gedan gaeshi to tobi ren geri
2. gyaku geri chi san – ren hanko
3. okuri sode dori or okuri sode maki
4. omote nage or ura nage
5. chudan gaeshi to uchi uke zuki
6. dan geri sambo uke dan geri gaeshi
7. maki komi gote or morote kiri gote
8. ushiro eri dori or ushiro kubi nage

9. kaishin zuki to osae kannuki nage
10. hangetsu kubi nage

### dan 4 application

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

*attack and defence*

1. tsuki ten 1
2. keru ten 3
3. sashi komi mawashi geri & harai uke geri
4. sashi kae mawashi geri & mawashi geri sambo uke nami gaeshi
5. dan geri sambo uke dan geri gaeshi

### kihon

*dan 4*

- *kogi* – dan-geri
- *bogi* – hangetsu-uke

### kamoku

*dan 4 (extra)*

1. bukkotsu nage
2. harai bukkotsu nage
3. ushiro bukkotsu nage
4. kubi jime shuho juji nage
5. kubi jime nage
6. kenjime dori
7. hangetsu geri
8. tembin nage
9. kumade gaeshi (katate & ryote)
10. okuri gaeshi (two types)
11. kannuki okuri (dori)
12. kannuki soto tembin
13. gyaku sode dori
14. gyaku sode maki
15. hangetsu kubi nage
16. osae kannuke nage (soto & uchi)
17. omote nage
18. ura nage
19. maki uchi kubi nage
20. katate nage kiri kaeshi
21. okuri kannuki gote
22. maki komi gote
23. okuri eri dori
24. ushiro eri dori

25. yahazu nage
26. ushiro kubi nage
27. ushiro sode maki (dori)
28. uwa uke se nage
29. oshi uke nage
30. oshi uke maki nage
31. gassho choji
32. gassho tsuki otoshi
33. ashi nuki (two types)
34. chudan gaeshi to uchi uke zuki
35. gedan gaeshi to tobi ren geri

1. fukko chi 2
2. gedan gaeshi tobi 2-ren geri
3. chudan gaeshi
4. gyakuten 1
5. hangetsu gaeshi (sukui kubi nage)
6. tai ten 1
7. chio ken 3 (jun, gyaku)
8. kakuritsu ken 5
9. hangetsu kubi nage
10. hangetsu geri

*dan 4 (goho)*

1. nuki uchi oshi gote
2. kiri kaeshi gote (kiri kaeshi gatame)
3. kiri kaeshi nage
4. maki komi gote
5. morote okuri gote nage
6. furisute omote-nage
7. gyaku gassho (two types)
8. gassho choji
9. gassho tsuki otoshi
10. gassho gyaku gote
11. uwa uke gyakute nage
12. okuri katate nage
13. ryote katate nage
14. morote katate nage
15. bukkotsu nage
16. harai bukkotsu nage
17. maki uchi kubi nage
18. omote nage
19. ura nage
20. kubi jime nage
21. kubi jime shuho juji nage
22. ken jime dori
23. shikumi nai-tembin
24. shikumi koshi-nage
25. katauchi nage (kata guruma) – shoulder wheel
26. tembin nage (koma nage) – okuri, hiki

## hokei

see hokei dan 3.

## kata

*byakuren ken 1*

- *hidari taiki gamae*
- *ichi, ni, san:* chidori ashi (*left*, uchi uke (*left*), shuto giri (*left*), chudan choku zuki (*right*)
- *shi, go:* jun sagari (*right*), shita uke (*left*), keru age (*left*)
- *roku, shichi:* yoko kagi ashi, zen tenkan; (migi) taiki gamae
- *repeat with right side, finish with hidari ichiji gamae*

*dan 4 (juho)*

## hokei

*hokei*

- *nio ken* – single counter attack
- *sango ken* – hand as guard, counter attack with kick
- *tenno ken* – defense and counter attack triggered by punch
- *byakuren ken* – guarding hand or arm is used for counter attack
- *kakuritsu ken* – sequence of guarding against kicks and counter attack with kick
- *chio ken* – defense and counter attack triggered by kick
- *kongo ken* – lock and hold opponent
- *ryuo ken* – techniques for escaping from holds
- *ryuka ken* – ryuo ken techniques for throwing
- *rakan ken* – techniques based on traditional juho forms
- *goka ken* – throwing techniques, some guarding against goho

## goho

*nio ken*

### single counter attack

- *kyu 4* – ryusui geri, uchi uke zuki, uwa uke geri
- *kyu 3* – uwa uke zuki
- *kyu 2* – tenshin geri, uchi uke geri
- *kyu 1* – soto uke zuki, soto uke geri, soto oshi uke zuki, kusshin zuki, kusshin geri
- *dan 2* – uchi age zuki, kaishin zuki, tanto tsuki komi shita uke zuki, tanto furi age ryusui geri
- *dan 3* – soto uke dan zuki, uchi age dan zuki, shita uke zuki, shita uke dan zuki

*sango ken*

### hand as guard, counter attack with kick

- *kyu 3* – shita uke geri, shita uke jun geri
- *kyu 2* – yoko tenshin geri, han tenshin geri, juji uke geri
- *dan 1* – harai uke geri
- *dan 2* – gyaku tenshin geri
- *dan 3* – gedan gaeshi, chudan gaeshi

*tenno ken*

### defense and counter attack triggered by punch

- *kyu 3* – tsuki ten 1
- *dan 1* – furi ten 2, keru ten 3, tsuki ten 3
- *dan 2* – tsuki ten 2, kon ten 1, tai ten 1, keru ten 1 (sukui kubi nage), gyaku ten 1

*byakuren ken*

### guarding hand or arm is used for counter attack

- *kyu 2* – tsubame gaeshi, chidori gaeshi
- *dan 3* – harai uke dan zuki, mika zuki gaeshi, suigetsu gaeshi, hangetsu gaeshi (sukui kubi nage)

*kakuritsu ken*

### sequence of guarding against kicks and counter attack with kick

- *dan 1* – kinteki geri hiza uke, gyaku geri hiza uke, mawashi geri sambo uke

- *dan 3* – sokuto geri hiki ashi, dan geri sambo uke

*chio ken*

### single counter attack

- *dan 2* – jun geri chi 1, gyaku geri chi 1, gyaku geri chi 3
- *dan 3* – fukko chi 2, harai uke chi 2, jun geri chi 3

### juho

*kongo ken*

### lock and hold opponent

- *kyu 4* – ude juji gatame
- *dan 2* – okuri tembin dori, tsuri age dori

*ryuo ken*

### techniques for escaping from holds

- *kyu 4* – kote nuki, yori nuki (katate & ryote)
- *kyu 3* – maki nuki (katate & ryote)
- *kyu 2* – kiri nuki (uchi & soto), juji nuki (katate & ryote), gassho nuki, kiri kaeshi nuki (katate & morote), sankaku nuki
- *kyu 1* – johaku nuki (katate & ryote), oshi kiri nuki, sode nuki, eri nuki
- *dan 1* – nidan nuki, oshi nuki (katate), hiki nuki (morote), juji nuki (morote)
- *dan 2* – tsuki nuki (uchi & soto), tsuki nuki (ryote & morote), age nuki, hiji nuki mae tembin, uchi nuki (katate & ryote), oshi nuki (morote), morote wa nuki (ippon se nage), morote maki nuki (ippon se nage)

*ryuka ken*

### ryuo ken techniques for throwing

- *kyu 4* – gyaku gote (mae yubi gatame)
- *kyu 3* – okuri gote (katate), okuri maki tembin
- *kyu 2* – juji gote (katate & ryote), ryaku juji gote, okuri gote (ryote), kiri gote (katate & morote)
- *kyu 1* – gyaku gote ura gaeshi nage
- *dan 1* – oshi gote (katate & ryote), kote maki gaeshi, maki gote (katate & morote), juji gote (morote)
- *dan 2* – gyakute nage, ryu nage, soto maki tembin, nuki uchi oshi gote, morote okuri gote baku ho (ichi, ippon se nage), okuri hiji zeme, tsuri otoshi, okuri dori, kiri kaeshi tembin, kiri kaeshi maki tembin, gyaku gote (morote), idori gyaku gote, idori oshi gote
- *dan 3* – kiri kaeshi gote, kiri kaeshi nage, morote kiri kaeshi nage, konoha okuri, konoha gaeshi, okuri yubi gaeshi, nigiri kaeshi, okuri shi shi dori, furisute omote nage, morote okuri kote nage, okuri tsuki taoshi (ippon se nage), koshi kujiki (ippon se nage)

*rakan ken*

### techniques based on traditional juho forms

- *kyu 1* – johaku dori (katate & ryote), johaku maki (katate), sode dori, sode maki, sode maki tembin, ude maki, kata muna otoshi, eri juji
- *dan 2* – maki otoshi, soto maki otoshi, hiki muna otoshi, ryo muna otoshi, hiki otoshi
- *dan 3* – sode maki gaeshi, sode guchi dori, sode guchi maki

*goka ken*

### throwing techniques, some guarding against goho

- *dan 2* – uwa uke nage, uwa uke gyakute nage, gyaku tembin
- *dan 3* – katate nage, gyaku katate nage, gassho katate nage, okuri katate nage, ryote katate nage, morote katate nage, hiki tembin, gyaku hiki tembin, gassho hiki tembin

## kata

tenchi ken 1

- *hidari chudan gamae*
- **ichi**, **ni**: 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 keru 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*), keru age (*right*)
- **hachi**: hiraki sagari (*right*), shita uke (*left*), hidari ichiji gamae; zanshin.
- **ku**: mae yose ashi (*right*), [kesshu dachi]

tenchi ken 3

- *hidari ichiji gamae*
- **ichi**, **ni**, **san**: hidari mae chidori ashi, jodan yoko furi zuki, chudan gyaku zuki (30%) mawashi geri (60%)
- **shi**, **go**: mae chidori ashi (*right*), shuto giri (*right*), chudan gyaku zuki (*left*)
- **roku**, **shichi**: jun sagari (*left*), shita uke (*right*), keru age (*right*)
- **hachi**: yoko kagi ashi (*right*), zen tenkan, hidari ichiji gamae, zanshin
- **ku**: mae yose ashi (*right*), [kesshu dachi]

tenchi ken 4

- *hidari ichiji gamae*
- **ichi**, **ni**, **san**, **shi**: gyaku geri (*right*), tobi geri (*left*), tobi niren geri, shuto giri (*left*), chudan gyaku zuki (*right*)
- **go**, **roku**: jun sagari (*right*), shita uke (*left*), keru age (*left*)
- **shichi**: migi han tenkan, migi ichiji gamae, zanshin

- **hachi**: mae yose ashi (*right*), [kesshu dachi]

tenchi ken 5

- *migi ichiji gamae*
- **ichi**, **ni**: uchi harai uke (*right*), keru age (*right*)
- **san**, **shi**: mae kagi ashi dachi (*right*), uchi harai uke (*left*), [ichiji gamae], taka geri (*left*), [fuji komi]
- **go**, **roku**: mae kagi ashi dachi (*left*), uchi harai uke (*right*), sokuto geri, tsuruashi dachi
- **shichi**, **hachi**: jodan choku zuki (*right*), soto uke (*right*), chudan gyaku zuki (*left*)
- **ku**: uchi harai uke (*right*, *closed*), [gedan gamae]
- **ju**: yoko kagi ashi, uchi harai uke (*left*, *open*), zen tenkan, [hidari ichiji gamae, zanshin]
- **ju-icho**: mae yose ashi, [kesshu dachi]

tenchi ken 6

- *hidari ichiji gamae*
- **ichi**, **ni**: mae yose ashi (*right*), uchi harai (*left*), yoko geri (*left*), [ichiji gamae (*left*)]
- **san**, **shi**: juji ashi (*left crosses right*), uchi harai (*right*), soto uke (*left*), yoko geri (*right*), [tsuru ashi dachi]
- **go**, **roku**, **shichi**: jodan choku zuki (*right*), chudan gyaku zuki (*left*), [kokutsu dachi], jodan modori zuki (*right*)
- **hachi**, **ku**: keru age (*right*), hidari han tenkan, uchi harai uke (*left*), [hidari ichiji gamae, zanshin]
- **ju**: mae yose ashi, [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, keru age (*left*), ichiji gamae, zanshin.
- **go**, **roku**: yoko kagi ashi, zen tenkan; (migi) gedan gamae, chudan gamae
- *repeat with right side.*

giwa ken 2

- *hidari chudan gamae*
- **ichi**, **ni**, **san**: mae chidori ashi (*left*), uchi uke (*left*), yoko furimi, chudan gyaku zuki (*right*), gyaku geri (*right*)
- **shi**, **go**: jun sagari, shita uke (*left*), keru age (*left*), [hidari ichiji gamae, zanshin]
- **roku**, **shichi**: han tenkan (*right*), chudan gamae
- *repeat until original facing*

byakuren ken 1

- *hidari taiki gamae*
- **ichi**, **ni**, **san**: chidori ashi (*left*), uchi uke (*left*), shuto giri (*left*), chudan choku zuki (*right*)

- **shi, go:** jun sagari (*right*), shita uke (*left*), keru age (*left*)
- **roku, shichi:** yoko kagi ashi, zen tenkan; (migi) taiki gamae
- *repeat with right side, finish with hidari ichiji gamae*  
*ko manji ken (manji no kata)*
- *uchi otoshi (right, closed), migi gedan gamae*
- **ichi, ni, san:** sashi kae ashi (*left*), soto uke (*right*), jodan zuki (*left*); chudan gyaku dachi (*right*), [zenkutsu dachi]; shita uke (*left*), [ichiji gamae, kokutsu dachi]
- **shi, go, roku:** uchi uke (*left*), chudan gyaku zuki, gyaku geri (*right*)
- **shichi, hachi:** [kokutsu dachi], shita uke (*left*), [hidari ichiji gamae], migi ken uke
- **ku:** yoko kagi ashi (*left*), migi han tenkan, migi uchi otoshi, [migi gedan gamae, zanshin]
- *repeat until original facing, optionally in combination with ryo-o-ken or tan-en embu of ryu-kei techniques*

*ryuo ken 1*

- kote nuki tan en: *migi chudan gamae*
- **ichi, ni:** sashi kae ashi (*left*), kagi te shuho (*right*), ura te uchi (*left, from chudan gamae*)
- **san, shi:** mae yose ashi (*right*), ko-te nuki (*right*), ura ken (*to sango and yongo*)
- **go:** kani ashi (*right*), hidari chudan choku zuki
- **roku, shichi:** fumikomi ashi (*left*), yoko furimi (*left*), migi jodan choku zuki, [migi ichiji gamae], yoko kagi ashi (*left*), migi mawashi geri, juji ashi sagari
- **hachi:** migi hiraki sagari, hidari shita uke, [hidari ichiji gamae, zanshin]
- **ku:** mae yose ashi (*right*), [kesshu dachi]

*ryuo ken 2*

- yori nuki tan en: *migi chudan gamae*
- **ichi, ni:** sashi kae ashi (*left*), kagi te shuho (*right*), ura te uchi (*left, from chudan gamae*)
- **san, shi:** yori nuki (*right*), kumade (*right*)
- **go:** kani ashi (*right*), hidari chudan choku zuki
- **roku, shichi:** fumikomi ashi (*left*), yoko furimi (*left*), migi jodan choku zuki, [migi ichiji gamae], yoko kagi ashi (*left*), migi mawashi geri, juji ashi sagari
- **hachi:** migi hiraki sagari, hidari shita uke, [hidari ichiji gamae, zanshin]
- **ku:** mae yose ashi (*right*), [kesshu dachi]

*ryuo ken 3*

- ryote yori nuki tan en: *hidari chudan gamae (offer both hands)*
- **ichi:** sashi kae ashi (*left*), kagi te shuho (*right and left*)

- **ni, san:** yori nuki (*right*), me uchi (*right*), chudan zuki (*right*)
- **shi, go:** sashi kae ashi (*right*), yori nuki (*left*), kumade (*left*)
- **roku:** shita uke
- **shichi:** hidari hiraki sagari, migi shita uke, [migi ichiji gamae, zanshin]

*ryu no kata*

- gyaku gote form of ryuo ken 1

## goho

han tenshin geri

chidori gaeshi

- **prepare:** hiraki gamae
- **offense:** jun jodan zuki
- **defense:** taiki gamae, uchi uke (outside), me uchi, chudan zuki (mae san mae)
- **remarks:** gedan geri (knee)

furi ten 2

- **prepare:** hiraki gamae
- **offense:** jun furi zuki, gyaku furi zuki
- **defense:** soto oshi uke, uchi otoshi uke; sokuto geri (keri komi), juji ashi sagari
- **remarks:** one side defense

fukko chi 2

- **prepare:** kneeling (fukko gamae)
- **offense:** sashi komi ashi, mawashi geri, gyaku jodan zuki
- **defense:** soto uchi-uke, uchi uke, throw
- **remarks:** stand up

gedan gaeshi

- **prepare:** hiraki gamae
- **offense:** sashi komi ashi mawashi geri
- **defense:** harai uke, ura-mawashi (chudan)
- **remarks:** same side, unlike harai uke geri

gyaku geri chi 1

- **prepare:** hiraki gamae
- **offense:** me uchi, gyaku kinteki
- **defense:** uwa uke, ken uke, shita uke
- **remarks:** like jun geri chi 1

gyaku geri chi 3

- **prepare:** tai gamae
- **offense:** (1) gyaku kinteki, (2) shuto giri, chudan zuki
- **defense:** (1) ken uke, shita uke, (2) oshi uke, shita uke/uchi uke, jun geri
- **remarks:**

gyaku geri hiza uke (nami gaeshi)

- **prepare:** hiraki gamae
- **offense:** gyaku geri (chudan)
- **defense:** hiza uke (arms crossed), jun geri
- **remarks:** like kinteki geri hiza uke

gyaku ten 1

- **prepare:** tai gamae
- **offense:** gyaku jodan zuki, jun chudan zuki
- **defense:** uchi uke, harai uke, jun geri
- **remarks:**

- **prepare:** hiraki gamae
- **offense:** gyaku geri
- **defense:** han tenshin, jun geri (mawashi)
- **remarks:** one move

harai uke geri

- **prepare:** hiraki gamae
- **offense:** jun mawashi geri
- **defense:** mae kagi ashi, harai uke; gyaku geri
- **remarks:** open up to expose yoko zanmai

juji uke geri

- **prepare:** tai gamae
- **offense:** sashi komi mawashi geri
- **defense:** juji uke; mawashi geri
- **remarks:** variant: with sambo uke

jun geri chi 1

- **prepare:** tai gamae
- **offense:** (1) me-uchi, (2) kinteki geri
- **defense:** (1) uwa-uke, (2) ken-uke, shita uke
- **remarks:** snake hand

jun geri chi 3

- **prepare:** hiraki gamae
- **offense:** mae juji ashi, sokuto geri, uraken jodan, chudan 2 ren
- **defense:** hari uke, uwa uke, shita uke
- **remarks:** ??

kaishin zuki

- **prepare:** hiraki gamae
- **offense:** gyaku jodan zuki
- **defense:** midari gamae, kakate, chudan zuki
- **remarks:** many variations

keri ten 1

- **prepare:** hiraki gamae
- **offense:** gyaku chudan zuki, mawashi geri
- **defense:** juji uke, take over, throw
- **remarks:** push leg and neck

keri ten 1

- **prepare:** hiraki gamae
- **offense:** gyaku chudan zuki, mawashi geri
- **defense:** juji uke, take over, throw
- **remarks:** push leg and neck

keri ten 3

- **prepare:** hiraki gamae
- **offense:** jo chu niren zuki, mawashi geri
- **defense:** uwa uke, shita uke, juji uke, mae geri
- **remarks:** mae chidori ashi

*kinteki geri hiza uke (nami gaeshi)*

- **prepare:** *tai gamae*
- **offense:** kinteki geri
- **defense:** hiza uke (arms crossed), kinteki geri
- **remarks:** *one move*

*kon ten 1*

- **prepare:** *hiraki gamae*
- **offense:** jun furi zuki, gyaku chudan zuki niren
- **defense:** oshi uke, shita uke/uchi uke, mae jun geri
- **remarks:** *doji geri, like tsuki ten 1*

*kumade gaeshi*

- **prepare:** *tai gamae*
- **offense:** jo chu 2 ren
- **defense:** hasso gamae, sticky shita uke, uwa uke, kumade
- **remarks:** *step in*

*kusshin geri*

- **prepare:** *tai gamae*
- **offense:** gyaku furi zuki
- **defense:** uchi age uke, chudan geri
- **remarks:** *duck (outwards)*

*kusshin zuki*

- **prepare:** *tai gamae*
- **offense:** gyaku furi zuki
- **defense:** uchi age uke, chudan zuki
- **remarks:** *duck (outwards)*

*mawashi geri sambo uke*

- **prepare:** *tai gamae*
- **offense:** mawashi geri
- **defense:** juji uke, sambo uke (knee up), mawashi geri
- **remarks:** *defend side*

*ryusui geri (ushiro)*

- **prepare:** *hiraki gamae*
- **offense:** jodan gyaku zuki
- **defense:** turn upper part (open side), ichiji gamae, jun mae geri (chudan)
- **remarks:** *ushiro juji ashi*

*ryusui geri (mae)*

- **prepare:** *tai gamae*
- **offense:** jodan gyaku zuki
- **defense:** turn upper part (down), ichiji gamae, gyaku geri (chudan)
- **remarks:** *mae juji ashi*

*shita uke geri*

- **prepare:** *tai gamae*

- **offense:** chudan gyaku zuki
- **defense:** hasso gamae, shita uke, gyaku geri
- **remarks:** *immediately*

*shita uke jun geri*

- **prepare:** *hiraki gamae*
- **offense:** chudan gyaku zuki
- **defense:** hasso gamae, shita uke, jun geri
- **remarks:** *kani ashi*

*soto oshi uke zuki*

- **prepare:** *tai gamae*
- **offense:** gyaku furi zuki
- **defense:** soto oshi uke (outwards), chudan zuki, kumade zuki
- **remarks:** *step in*

*soto uke geri*

- **prepare:** *tai gamae*
- **offense:** jodan gyaku zuki
- **defense:** soto uke, chidori ashi, gyaku geri
- **remarks:** *or mae kagi ashi, mawashi geri*

*soto uke zuki*

- **prepare:** *tai gamae*
- **offense:** jodan gyaku zuki
- **defense:** soto uke zuki (ura), chudan zuki
- **remarks:** *same with omote jun zuki attack*

*suigetsu gaeshi*

- **prepare:** *hiraki gamae*
- **offense:** jun jodan zuki
- **defense:** taiki gamae, uchi uke (outside), chudan furi zuki (tsuri getsu)
- **remarks:** *gedan geri (knee), shoulder*

*tanto furi age ryusui geri*

- **prepare:** *gamae*
- **offense:** tanto, from upper side
- **defense:** ryusui geri
- **remarks:**

*tanto tsuki komi shita uke zuki*

- **prepare:** *gamae*
- **offense:** tanto, chudan
- **defense:** shita uke, uchi oshi uke (hit), zuki
- **remarks:**

*tai ten 1*

- **prepare:** *tai gamae*
- **offense:** jo chu niren zuki
- **defense:** han tenshin, uwa uke (back), shita uke (soft), mawashi geri (middle)
- **remarks:** *sticky, rotating*

*ten kai ren geri*

- **prepare:** *tai gamae*
- **offense:** gyaku furi zuki, uraken (step in, same hand)
- **defense:** kusshin geri, uwa uke, sokuto geri
- **remarks:** *step out, turn*

*tenshin geri*

- **prepare:** *tai gamae*
- **offense:** jodan gyaku zuki
- **defense:** mae ashi, keru age (gyaku)
- **remarks:** *step forward, ichijigamae*

*tsubame gaeshi*

- **prepare:** *hiraki gamae*
- **offense:** gyaku jodan zuki
- **defense:** taiki gamae, uchi uke, shuto giri, chudan zuki
- **remarks:** *one move*

*tsuki ten 1*

- **prepare:** *hiraki gamae*
- **offense:** jo chi niren zuki
- **defense:** uwa uke, shita uke/uchi uke), keru komi
- **remarks:** *move sideways, doji geri*

*tsuki ten 2*

- **prepare:** *gamae*
- **offense:** jo, jo niren zuki
- **defense:** uchi age, uchi otoshi
- **remarks:** *up and down*

*tsuki ten 3*

- **prepare:** *hiraki gamae*
- **offense:** jo chi 2-ren zuki, jodan choku zuki
- **defense:** uwa uke, shita uke (uchi uke), shita uke, keru komi
- **remarks:** *like tsuki ten 1*

*uchi age zuki*

- **prepare:** *tai gamae*
- **offense:** jodan jun zuki
- **defense:** uchi age (*back*), chudan zuki, jodan
- **remarks:** *duck under*

*uchi uke geri*

- **prepare:** *tai gamae*
- **offense:** jodan gyaku zuki
- **defense:** uchi uke, sokuto geri
- **remarks:** *lean backwards*

*uchi uke zuki*

- **prepare:** *tai gamae*
- **offense:** jodan gyaku zuki

- **defense:** uchi uke, chudan gyaku zuki
- **remarks:** *weight shift forwards, tai sabaki*

*uwa uke geri*

- **prepare:** *tai gamae*
- **offense:** shuto
- **defense:** uwa uke, jun geri
- **remarks:** *ichiji gamae*

*uwa uke zuki*

- **prepare:** *tai gamae*
- **offense:** gyaku furi zuki
- **defense:** uwa uke, chudan zuki, kumade zuki
- **remarks:** *step in*

*yoko tenshin geri*

- **prepare:** *tai gamae*
- **offense:** sashi komi ashi, gyaku geri
- **defense:** chudan gamae, (uchi) harai uke, keru kaeshi (jun geri)
- **remarks:** *step in*



## juho

- **prepare:** *gamae*
- **offense:** grab hand (same side)
- **defense:** release, following direction of arm
- **remarks:**

*age nuki*

- **prepare:** *gamae*
- **offense:**
- **defense:** band around neck, twist two times, ends to hands, under and over hands (to outside), tie firmly
- **remarks:** *offender lies on the ground, face down*

*baku ho*

- **prepare:** *tai gamae*
- **offense:** sleeve, lapel, pull
- **defense:** sleeve, lapel and push against throat, throw
- **remarks:** *like judo arm throw*

*bukkotsu nage*

- **prepare:** *hiraki gamae*
- **offense:** grab lapel (horizontally) and push
- **defense:** grab hand (from above), shuto giri, support with other hand (under) and make S, twist, down
- **remarks:** *like kata muna otoshi*

*eri juji*

- **prepare:** *gamae*
- **offense:** grab lapel (eri)
- **defense:** me uchi; arm round and down; uraken, chudan zuki
- **remarks:** *shoulder inside opponents arm*

*eri nuki*

- **prepare:** *tai gamae*
- **offense:** grab sleeve and lapel, seoi nage (throw like judo)
- **defense:** take over, hands on inner elbow, throw
- **remarks:** *tai sabaki*

*furi-sute omote nage*

- **prepare:** *tai gamae*
- **offense:** grab wrists (ryote, arms up)
- **defense:** push hands forwards, hiki nuki
- **remarks:** *pressure on thumbs*

*gasho nuki*

- **prepare:** *tai gamae*
- **offense:** grab wrist (opposite side, low)
- **defense:** kagite shuho, me uchi, kakate (other hand), nisokuteni (throw)

*gyaku gote*

- **variants:** mae yubi gatame; ura gaeshi nage, ura gatame; morote

*gyakute dori*

- **prepare:** *gamae (sideways)*
- **offense:** nothing (wait)
- **defense:** grab hand (with front hand), grab elbow (from inner side), take elbow in and lock hand (with both hands)

- **remarks:** *two ways of grabbing hand*

*gyakute nage*

- **prepare:** *tai gamae*
- **offense:** grab wrist (low, cross), like gyaku gote
- **defense:** like gyaku gote, take over (glide in arm and grab wrist), lift elbow, throw

- **remarks:** *tai sabaki, turn in hip*

*gyaku tembin*

- **prepare:** *gamae*
- **offense:**
- **defense:** press elbow against arm, slide in, bring elbow to shoulder

- **remarks:**

*hiki muna otoshi*

- **prepare:** *gamae*
- **offense:** grab lapel, pull
- **defense:** one hand, step from opponent
- **remarks:**

*hiki otoshi*

- **prepare:** *gamae*
- **offense:** grab arm, push
- **defense:** fix hand on arm, step back [hiraki gamae]
- **remarks:**

*hiji nuki mae tembin*

- **prepare:** *tai gamae*
- **offense:** grab (lower) hands, spread behind shoulder
- **defense:** release hand near head, cut elbow, take down
- **remarks:** *elbow upwards, throw*

*hiji nuki (mae tembin)*

- **prepare:** *tai gamae*
- **offense:** grab wrists (ryote, arms up, push arms out)
- **defense:** pin arm between neck and shoulder, bring elbow forward; mae tembin (to elbow joint), ura gatame

- **remarks:** *attack as nidan nuki, yori nuki*

*hiki nuki (morote)*

- **prepare:** *gamae*
- **offense:** grab wrist (up)

- **defense:** cut loose
- **remarks:** *support with free hand*  
*johaku dori*
- **prepare:** *tai gamae*
- **offense:** grab upper arm (katate)
- **defense:** me uchi, pin hand to upper arm, bring opponent down
- **remarks:** *bring down with tai sabaki*  
*johaku maki*
- **prepare:** *tai gamae*
- **offense:** grab upper arm (katate)
- **defense:** me uchi, pin hand to upper arm, bring opponent down, make S
- **remarks:** *tai sabaki*  
*johaku nuki*
- **prepare:** *tai gamae*
- **offense:** grab upper arms (ryote)
- **defense:** half turn, release front arm (up and down); hiraki sagari; release other arm
- **remarks:** *raise elbow above shoulder, drop and twist arm vertically*  
*juji gote*
- **prepare:** *hiraki gamae*
- **offense:** grab outer wrist (up)
- **defense:** kagite shuho (turn away), grab hand, and press down with tai sabaki
- **remarks:** *like juji nuki*  
*juji nuki*
- **prepare:** *hiraki gamae*
- **offense:** grab wrist (katate, arm up, same side); push
- **defense:** turn away, snap down elbow, release, atemi
- **remarks:** *variants: ryote, morote*  
*kata muna otoshi*
- **prepare:** *hiraki gamae*
- **offense:** grab lapel (vertically) and push
- **defense:** grab hand (from under), shuto giri, other hand and twist, down
- **remarks:** *like eri juji*  
*katate nage*
- **prepare:** *tai gamae*
- **offense:** wait, offer wrist
- **defense:** grab wrist, turn inwards, duck under, and throw with shoulder and elbow
- **remarks:** *nisoku tenkai (two step full turn)*  
*kiri gote*
- **prepare:** *tai gamae*
- **offense:** grab outer wrist
- **defense:** kagite shuho, grab wrist (under), cut wrist with upper hand
- **remarks:** *like kiri kaeshi nuki*  
*kiri kaeshi nuki*
- **prepare:** *hiraki gamae*
- **offense:** grab wrist (katate, arm down, opposite side); swing upward
- **defense:** kagite shuho, me uchi; hook elbow and release, chudan zuki or kumade
- **remarks:** *support release with free hand*  
*kiri kaeshi tembin*
- **prepare:** *gamae*
- **offense:** grab wrist (opposite, down)
- **defense:** grab wrist (of attacker), dori on elbow
- **remarks:**  
*kiri kaeshi maki tembin*
- **prepare:** *gamae*
- **offense:** grab wrist (opposite, down)
- **defense:** grab wrist (of attacker), apply maki tembin
- **remarks:**  
*kiri nuki (uchi & soto)*
- **prepare:** *gamae*
- **offense:** grab wrist (katate, arm up, [uchi: inside, opposite side; soto: outside, same side])
- **defense:** kagite shuho, cut against thumb joint, release, chudan gyaku zuki
- **remarks:** *support release with other hand*  
*konoha gaeshi*
- **prepare:** *hiraki gamae*
- **offense:** offer hand
- **defense:** grab hand (at fingers), push down, take up and turn, throw forwards
- **remarks:** *use elbow*  
*kote maki gaeshi*
- **prepare:** *hiraki gamae*
- **offense:** grab wrist (underneath)
- **defense:** gedan gamae, take hand up, and swing down
- **remarks:** *tai sabaki*  
*kote nuki*
- **prepare:** *tai gamae*
- **offense:** grab inside wrist
- **defense:** kagite shuho (to side), me-uchi, migi yose ashi, release (push down)
- **remarks:** *uraken to sango (eyeside), sashi kae ashi, chudan zuki*

*kubi jime, juji nage*

- **prepare:** *tai gamae*
- **offense:** kubi jime, ken jime (shuho) (two hands, strangle, with upper fist against throat]
- **defense:** hand over attacking hand, turn, throw (juji nage)
- **remarks:** *like juji gote, take arm up*

*maki gote (morote)*

- **prepare:** *tai gamae*
- **offense:** grab wrist (up)
- **defense:** grab wrist, step in, twist and bring down
- **remarks:** *down, roll up, twist and go*

*maki nuki*

- **prepare:** *gamae*
- **offense:** grab outside wrist (katate, arm down, same side); twist
- **defense:** kagite shuho, release (maki nuki), uraken uchi
- **remarks:** *variants: ryote, morote*

*maki otoshi*

- **prepare:** *tai gamae*
- **offense:** grab lapel (same side)
- **defense:** pin hand (both hands), and throw, stepping in
- **remarks:** *tai sabaki*

*morote okuri gote baku ho*

- **prepare:** *gamae*
- **offense:** ippon se nage
- **defense:** draw backwards, bring opponent down on belly, hands on back, then baku ho
- **remarks:**

*morote wa nuki*

- **prepare:** *gamae*
- **offense:** ippon se nage
- **defense:** raise hand, release by round movement (in)
- **remarks:**

*nidan nuki*

- **prepare:** *gamae*
- **offense:** grab (lower) hands, as ryote yori nuki
- **defense:** pressure on thumb (nai wanto), release to inside, kumade; release other hand with yori nuki, chudan zuki
- **remarks:** *push and pull apart*

*nuki uchi oshi gote*

- **prepare:** *gamae*
- **offense:** grab wrist (same side, down)
- **defense:** like oshi gote, with cut on (inner) hand

• **remarks:**

*okuri dori*

- **prepare:** *gamae*
- **offense:**
- **defense:** grab hand (R/R or L/L), tai sabaki, swing
- **remarks:** *??*

*okuri gote (yubi dori to ura gatame)*

- **prepare:** *hiraki gamae*
- **offense:** grab outside of wrist
- **defense:** kagite shuho (shuto or me-uchi), hook wrist, turn arm (circular)
- **remarks:** *yubi dori (thumb lock)*

*okuri hiji zeme*

- **prepare:** *gamae*
- **offense:** release from juji gote
- **defense:** grab hand and elbow, press and against chest
- **remarks:** *S-shape, tai sabaki to front*

*okuri maki tembin*

- **prepare:** *hiraki gamae*
- **offense:** like okuri gote, and escape
- **defense:** pin elbow joint under arm pit
- **remarks:** *attack elbow joint (tembin)*

*okuri tembin dori*

- **prepare:** *gamae*
- **offense:** escape from okuri gote
- **defense:** grab hand (opposite), dori with knuckles in elbow (tembin)
- **remarks:**

*oshi gote (katate)*

- **prepare:** *hiraki gamae*
- **offense:** grab wrist (underneath)
- **defense:** palm upwards, bend wrist (cut down), take over and down
- **remarks:** *elbow in straight line, tai sabaki*

*oshi kiri nuki*

- **prepare:** *tai gamae*
- **offense:** grab upper arms (wide, to prevent johaku)
- **defense:** release by oshi nuki, and then kiri nuki (uchi)
- **remarks:** *push arm downwards*

*oshi nuki*

- **prepare:** *gamae*
- **offense:** grab wrist (down, same side)
- **defense:** release to outside, uchi wanto (in neck)
- **remarks:** *push over arm*

*ryaku juji gote*

- **prepare:** *stand sideways* *sode maki*
- **offense:** grab wrist from side
- **defense:** grab hand on boshiku, bring elbow forward, push downwards, arm lock
- **remarks:** *like juji gote, different grab*  
*ryo muna otoshi*
- **prepare:** *hiraki gamae*
- **offense:** grab lapels (vertically) and push
- **defense:** grab hand (from under), shuto giri, other hand and twist, down
- **remarks:** *like kata muna otoshi*  
*ryote kannuki nage*
- **prepare:** *gamae*
- **offense:** wait, offer hands
- **defense:** push one hand up (boshku, pressure on wrist, to shoulder), grab fingers and push down and inside, twist and throw
- **remarks:**  
*ryu nage*
- **prepare:** *gamae*
- **offense:** **grab wrist (opposite, down)**
- **defense:** like gyaku gote, bring arm in, and draw backwards
- **remarks:** *variant of gyaku gote*  
*sankaku nuki*
- **prepare:** *stand sideways*
- **offense:** grab lower arm
- **defense:** sankaku shuho, release, hiji ate
- **remarks:** *like juji nuki*  
*sode dori*
- **prepare:** *gamae*
- **offense:** grab sleeve (katate)
- **defense:** me uchi, pin hand to upper arm, bring opponent down
- **remarks:** *bring down with tai sabaki*  
*sode maki gaeshi*
- **prepare:** *tai gamae*
- **offense:** grab sleeve (katate)
- **defense:** lock hand, turn arm around, cut wrist and throw
- **remarks:** *move sideways*  
*sode maki tembin*
- **prepare:** *tai gamae*
- **offense:** grab sleeve (katate)
- **defense:** me uchi, pin hand to upper arm, hand out, pin elbow
- **remarks:** *fix arm with knee*
- **prepare:** *gamae*
- **offense:** grab sleeve (katate)
- **defense:** me uchi, pin hand to upper arm, bring opponent down, make S
- **remarks:** *bring down with tai sabaki*  
*sode nuki*
- **prepare:** *hiraki gamae*
- **offense:** grab sleeve (katate)
- **defense:** me uchi, bring arm over hand, and release
- **remarks:** *push down*  
*soto maki otoshi*
- **prepare:** *gamae*
- **offense:** grab lapel(s)
- **defense:** like maki otoshi, but with elbow pressed to chest
- **remarks:** *push, don't move*  
*tsuri getsu dori (?)*
- **prepare:** *stand sideways*
- **offense:** wait
- **defense:** grab hand (L/L, twist wrist), bring to back, push other shoulder down
- **remarks:**  
*tanto tori osae kannuki nage*
- **prepare:** *(hiraki) gamae*
- **offense:** attack with knife (jun, chudan)
- **defense:** hasso gamae, otoshi uke, grab hand from above, lock elbow, throw
- **remarks:** *tai sabaki*  
*tembin nage*
- **prepare:** *tai gamae*
- **offense:** gyaku jodan zuki
- **defense:** midare gamae, kakate, push tembin (elbow) up, throw
- **remarks:** *mae ukemi*  
*tsuri age dori*
- **prepare:**
- **offense:**
- **defense:** grab hand (opposite), bring to back, up, and push shoulder down (with other hand)
- **remarks:**  
*tsuri otoshi*
- **prepare:** *gamae*
- **offense:** counterattack on okuri gote, by turning in
- **defense:** stop arm, grab shoulder, bring down and throw
- **remarks:**

*(maki) uchi kubi nage*

- **prepare:** *tai gamae*
- **offense:** grab lapel, push
- **defense:** lock arm, swing around neck, throw
- **remarks:** *tai sabaki*

*uchi nuki (katate & ryote)*

- **prepare:** *gamae*
- **offense:** grab wrist(s), same side (down)
- **defense:** release by cutting (inner) wrist
- **remarks:** *in combination with age nuki*

*ude juji gatamae*

- **prepare:** *hiraki gamae*
- **offense:** offer front hand
- **defense:** swing hand (grab from back), me uchi, other arm under elbow, finish with *ashi barai* or *koshi nage*
- **remarks:** *turn hand towards head and pin with foot*

*ude maki*

- **prepare:** *gamae*
- **offense:** grab lapel (*eri*)
- **defense:** me uchi; arm round and down; make S and pin
- **remarks:** *like eri nuki*

*kari ashi, ushiro eri dori*

- **prepare:** *turn back*
- **offense:** grab collar (from back), *kari ashi*
- **defense:** turn, *kumade*, grab hand, other arm over and bring down
- **remarks:** *ahnd as in maki*

*uwa uke nage*

- **prepare:** *hiraki gamae*
- **offense:** *jun ura ken*
- **defense:** *uwa uke* (back), take elbow, turn in, throw
- **remarks:** *tai sabaki*

*gori nuki*

- **prepare:** *hiraki gamae*
- **offense:** grab outside wrist (katate, arm down, same side)
- **defense:** *kagite shuho* (step forward), release (shuto uchi), *kumade zuki*, *jun sagari zanshin*
- **remarks:** *pivot elbow forward from wrist*





## *shorinji kempo*

This syllabus was written by compiling the material from various sources, including:

*material*

- *fukudoku-hon* (textbook WSKO, 1995)
- *live half for yourself, half for others* (WSKO)
- *give me leaders, not followers* (WSKO)
- *kamoku* (WSKO, 1981)
- *primary curriculum* (WSKO, 1996)
- tokyo university site
- online resources ([www.shorinjikempo.nl](http://www.shorinjikempo.nl))
- [www.shorinjikempo.or.jp](http://www.shorinjikempo.or.jp)

Online syllabus: <http://syllabus.shorinjikempo.nl>  
Mail comments to [syllabus@shorinjikempo.nl](mailto:syllabus@shorinjikempo.nl)