

Corrections and Additions to Kyu Kenshi Curriculum

April 2022

Print Page	Digital Page	Kyu	Week	Kihon Hokei	Printed book version	Digital version [Corrections / Additions]	Reasons of Changes
3	4	6	2	ryusui geri (ushiro)	Offense / Defense /Katame /Atemi ryusui uke, chudan <i>keri komi</i> juji ashi sagari	Offense / Defense /Katame /Atemi ryusui uke, chudan <i>geri</i> juji ashi sagari <i>or kumo ashi sagari</i>	Typos corrected. <i>Kumo ashi sagari</i> is added because it may be appropriate depending on the situation.
8	7	5	1	***	Basic Practice ryusui uke , keri age	Basic Practice ryusui uke , keri age <i>/ keri komi</i>	<i>Keri komi</i> is added because both <i>keri age</i> and <i>keri komi</i> should be practiced.
				ryusui geri (mae)	Offense / Defense /Katame /Atemi jodan <i>choku zuki</i> ryusui uke , <i>keri komi</i> ,	Offense / Defense /Katame /Atemi jodan <i>gyaku zuki</i> ryusui uke , <i>chudan geri</i> ,	Typos corrected.
			2	uwa uke geri	Offense / Defense /Katame /Atemi uwa uke and <i>keri komi</i>	Offense / Defense /Katame /Atemi uwa uke , <i>chudan geri</i>	Typos corrected.
				uwa uke geri (ura)	Offense / Defense /Katame /Atemi uwa uke and <i>keri komi</i>	Offense / Defense /Katame /Atemi uwa uke , <i>chudan geri</i>	Typos corrected.
			4	***	Basic Practice yoko juji uke	Basic Practice <i>__ juji uke</i>	"yoko " is deleted because there are two types of <i>juji uke</i> (<i>yoko juji uke</i> and <i>shita juji uke</i>) to <i>keri</i> .
13	10	4	1	soto uke zuki (ura, omote)	Offense / Defense /Katame /Atemi jodan gyaku zuki	Offense / Defense /Katame /Atemi jodan <i>__ zuki</i>	To perform <i>omote</i> and <i>ura</i> in one formation, both <i>jodan gyaku zuki</i> and <i>jodan jun zuki</i> . Description is changed to <i>jodan zuki</i> collectively.
			2	soto uke geri (ura, omote)	Offense / Defense /Katame /Atemi jodan gyaku zuki	Offense / Defense /Katame /Atemi jodan <i>__ zuki</i>	To perform <i>omote</i> and <i>ura</i> in one formation, both <i>jodan gyaku zuki</i> and <i>jodan jun zuki</i> . Description is changed to <i>jodan zuki</i> collectively.
			5	uchiage zuki (ura, omote)	Offense / Defense /Katame /Atemi jodan gyaku zuki	Offense / Defense /Katame /Atemi jodan <i>__ zuki</i>	To perform <i>omote</i> and <i>ura</i> in one formation, both <i>jodan gyaku zuki</i> and <i>jodan jun zuki</i> . Description is changed to <i>jodan zuki</i> collectively.
				uchiage geri (ura, omote)	Offense / Defense /Katame /Atemi jodan gyaku zuki	Offense / Defense /Katame /Atemi jodan <i>__ zuki</i>	To perform <i>omote</i> and <i>ura</i> in one formation, both <i>jodan gyaku zuki</i> and <i>jodan jun zuki</i> . Description is changed to <i>jodan zuki</i> collectively.
19	13	3	1	***	Basic Practice ren geri (jun geri , gyaku geri <i>__</i>)	Basic Practice ren geri (jun geri , gyaku geri <i>and gyaku geri, jun geri</i>)	Missing words added.
			2	ryote yori nuki	Offense / Defense /Katame /Atemi me uchi , chudan zuki , <i>jodan choku zuki</i>	Offense / Defense /Katame /Atemi me uchi , chudan zuki , <i>kumade zuki or jodan zuki</i>	<i>Kumade zuki</i> is added because <i>ren han ko</i> with <i>kumade zuki</i> is possible.
			4	juji gote (katate)	< <i>ryuo</i> ken >	< <i>Ryuka</i> Ken >	Typos corrected.
			5	ni dan nuki	Offense / Defense /Katame /Atemi Prevent partner from doing <i>yori nuki</i>	Offense / Defense /Katame /Atemi Prevent partner from doing <i>ryote yori nuki</i>	Missing words added.

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19	13	3	6	soto oshi uke zuki	Offense / Defense /Katame /Atemi <i>yoko furi zuki</i>	Offense / Defense /Katame /Atemi <i>jodan furi zuki</i>	"yoko " is changed to "jodan " to describe the target to attack, as in other techniques.
				uchi oshi uke zuki	Offense / Defense /Katame /Atemi <i>yoko furi zuki</i>	Offense / Defense /Katame /Atemi <i>jodan furi zuki</i>	"yoko " is changed to "jodan " to describe the target to attack, as in other techniques.
20	20		8	tsuki ten ichi	Offense / Defense /Katame /Atemi ren uke , <i>dan uke</i> , doji geri	Offense / Defense /Katame /Atemi ren uke , <u> </u> doji geri	"Dan uke " is deleted because <i>ren uke</i> consists of <i>uwa uke</i> and <i>doji uke</i> .
25	16		3	kusshin zuki kusshin geri	Offense / Defense /Katame /Atemi <i>yoko furi zuki</i>	Offense / Defense /Katame /Atemi <i>jodan furi zuki</i>	"yoko " is changed to "jodan " to describe the target to attack, as in other techniques.
				kusshin zuki geri	Offense / Defense /Katame /Atemi <i>yoko furi zuki</i>	Offense / Defense /Katame /Atemi <i>jodan furi zuki</i>	"yoko " is changed to "jodan " to describe the target to attack, as in other techniques.
			5	han tenshin geri	Offense / Defense /Katame /Atemi han tenshin, <i>uchi harai uke</i> , chudn geri	Offense / Defense /Katame /Atemi han tenshin, <i>uchi otoshi uke</i> , chudn geri	Typos corrected.
26	17	2	7	soto oshi uke geri	Offense / Defense /Katame /Atemi <i>yoko furi zuki</i>	Offense / Defense /Katame /Atemi <i>jodan furi zuki</i>	"yoko " is changed to "jodan " to describe the target to attack, as in other techniques.
				uchi oshi uke geri	Shifting / Stance <i>tai gamae</i>	Shifting / Stance <i>hiraki gamae</i>	Typos corrected.
				uchi oshi uke geri	Offense / Defense /Katame /Atemi <i>yoko furi zuki</i>	Offense / Defense /Katame /Atemi <i>jodan furi zuki</i>	"yoko " is changed to "jodan " to describe the target to attack, as in other techniques.
			8	***	Basic Practice - <i>ni ren ko</i> (jun gyaku , gyaku jun)	Basic Practice - <i>ni ren zuki</i> (jun gyaku , gyaku jun)	Typos corrected.
32	20	1	1	morote tsuki nuki	Offense / Defense /Katame /Atemi tsuitate shuho , <i>uraken</i> uchi or shoken uchi	Offense / Defense /Katame /Atemi tsuitate shuho , <i>urate</i> uchi or shoken uchi	Typos corrected.
			3	chidori gaeshi	Offense / Defense /Katame /Atemi <i>dan</i> response of <i>uchi uke</i> , to <i>ura te uchi</i>	Offense / Defense /Katame /Atemi <i>uchi uke</i> , <i>dan hangeki</i> with <i>urate uchi</i>	Description corrected.
			4	sode nuki	Offense / Defense /Katame /Atemi <i>uraken</i> <i>zuki</i> and <i>chudan zuki</i>	Offense / Defense /Katame /Atemi <i>uraken</i> <i>uchi</i> and <i>chudan zuki</i>	Typos corrected.
33	21		7	tsuki ten ni	Shifting / Stance (D) <i>chudan</i> gamae	Shifting / Stance (D) <i>ichiji</i> gamae	Typos corrected.
48	25	1	10	***	Summary of Technical Curriculum by Week <u> </u> - <i>keri ten san</i>	Summary of Technical Curriculum by Week - <i>tsuki ten san</i> - <i>keri ten san</i>	Missing words added.

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48	27	5	***	***	Summary of Techniques by Rank and Family ◆ <i>Nio Ken</i> <i>ryusui geri (omote)</i>	Summary of Techniques by Rank and Family ◆ <i>Nio Ken</i> <i>ryusui geri (mae)</i>	Typos corrected.
49	28	1	***	***	Summary of Techniques by Rank and Family ◆ <i>Ten'o Ken</i> <i>furi ten ichi</i> <i>tsuki ten ichi</i> <i>keri ten san</i> <i>tsuki ten san</i>	Summary of Techniques by Rank and Family ◆ <i>Ten'o Ken</i> <i>furi ten ni</i> <i>tsuki ten ni</i> <i>keri ten san</i> <i>tsuki ten san</i>	Typos corrected.
39	55	***	***	***	1st Dan Examination Contents 2. Supervised essay examination (100 points) 4 questions will be given from a) through h) below NB: Examinees in any country outside Japan will be asked to write essays on the 4 subjects given at the examination. (1) Basic Questions a) Shorinji Kempo is a Discipline that Develops Individuals (2) Summarize and transcribe Tokuhon b) Six Distinguishing Characteristics of Shorinji Kempo c) Key Attitudes Toward Training d) The Five Elements of Atemi (3) Fill-in the Blanks e) Systems of the training f) Kisei and Kiai g) Timing and Distance During Offenses and Defenses (4) Discuss h) Discuss about "True Strength" One question from each of the four categories will be given.	1st Dan Examination Contents 2. Supervised essay examination (100 points) Examinees will be asked to write essays on the four subjects chosen from 1) through 8) below at the examination. 1) Shorinji Kempo is a Discipline that Develops Individuals 2) Six Distinguishing Characteristics of Shorinji Kempo 3) Key Attitudes Toward Training 4) The Five Elements of Atemi 5) Systems of the training 6) Kisei and Kiai 7) Timing and Distance During Offenses and Defenses 8) Discuss about "True Strength"	Described according to the current examination method.
40	56	1st Dan	**	***	3. Paired Embu (1) <i>Harai uke geri</i> and <i>tsuki ten san</i> Defender performs <i>harai uke geri</i> and then deliver <i>jo chu jo san ren ko</i> .	3. Paired Embu (1) <i>Harai uke geri</i> and <i>tsuki ten san</i> Defender performs <i>harai uke geri</i> and then deliver <i>jo chu jo san ren zuki</i> .	Typos corrected.