



SHORINJI KEMPO

# Shorinji Kempo Curriculum for Kyu Kenshi (Primary Ranks)

**World Shorinji Kempo Organization**

少林寺拳法世界連合

- The sequence listed in the curriculum is a guideline and may be changed due to the training structure at each *dojo* or the level of individuals.
- Also, practice sessions without any specified techniques in the curriculum should be used for review and repetition.
- In particular, the period preceding the Kyu and Dan examinations should be used for additional review and repetition to be well prepared for the examinations.
- As a "*Gyo* to complete as a human being", each individual should focus to train in Shorinji Kempo to improve one's own "technique and spirit" as if climbing a set of stairs one step at a time. It is important not to compare technical mastery or speed of rank promotion with others

#### Key Attitudes Toward Training

1. Establish goals for training.
2. Follow the established sequence of technical training.
3. Master *kihon*.
4. Understand the principles.
5. Practice movements repeatedly.
6. Balance your training.
7. Train according to physical condition.
8. Never give up.

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## 6th Kyu Objectives

### ◎ Philosophy

Start by gaining an understanding of how and why Shorinji Kempo was founded. Then, learn what the key attitudes in the *dojo* are as one goes on about training "as if newly born into this world."

1. Motivation and Goals for the Founding of Shorinji Kempo
2. Key Attitudes for the *Dojo*

### ◎ Techniques

The goal is to learn the manners and the basic movements. Emphasize the training on manners toward the instructors, seniors, and peers, as well as the technical foundations of Shorinji Kempo.

#### [*Tan'en Kihon Hokei*]

*Tenchi Ken Dai-ikkei* (solo form)

*Ryu'o Ken Dai-ikkei* (solo form)

#### [*Kihon Hokei*]

*Nio Ken:* *Hokei* focusing on attacks and defenses against *jodan*

*ryusui geri (ushiro), uwa uke zuki (omote, ura), uchi uke zuki (ura),  
tenshin geri*

*Ryu'o Ken:* Basics of *juho* defense skills consisting mainly of hand releases

*kote nuki*

*Kongo Ken:* Pins and arrests

*ude juji gatame*

## 6th Kyu Curriculum

Week	Basic Practice	Kihon Hokei	Shifting / Stance	Offense/ Defense/ Katame / Atemi	Kyohan page	Check
1	- entrance ceremony, manners ( <i>kyakka shoko, gassho rei, samu</i> , clothing, attitude, word use)					
	- how to sit down, how to stand up, various stances					
	- <i>chosoku ho</i> , eye movement, <i>sokui ho</i>					
2	- shifting ( <i>sei tai, tai, hiraki</i> )					
	- <i>urate uchi (me uchi), kinteki geri</i>					
	- <i>furiko zuki, keru age</i>					
2	- <i>de ashi, hiki ashi, yoko ashi,</i> <i>ryusui uke</i>	<i>ryusui geri</i> ( <i>ushiro</i> ) <Nio Ken>	<i>tai gamae,</i> <i>hiraki gamae</i> (O) <i>chudan gamae</i> (D) <i>ichiji gamae</i>	<i>jodan gyaku zuki</i> <i>ryusui uke, chudan geri,</i> <i>juji ashi sagari or kumo ashi sagari</i>	170	
	- <i>hikimi, irimi</i>					
	- <i>jun zuki, gyaku zuki, jun geri, gyaku geri</i> - <i>uwa uke, uchi uke, shita uke</i>					
3	- offense and defense techniques ( <i>jodan zuki, ryusui uke</i> )					
	- pressure points of the face, chest and stomach					
	- <i>uchi uke zuki (sei tai gamae)</i> - offense and defense techniques ( <i>jodan zuki, uchi uke</i> )	<i>uchi uke zuki</i> ( <i>ura</i> ) <Nio Ken>	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>ichiji gamae</i>	<i>jodan gyaku zuki</i> <i>uchi uke, chudan gyaku zuki</i>	173	
3	- <i>do zuki, do geri</i>					
	- <i>mae ukemi</i>					
	- <i>ushiro ukemi</i>					
4	- <i>daisharin</i>	<i>ude juji gatame</i> <Kongo Ken>	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>	<i>ude juji gatame, renko</i>	284	
	- <i>zen tenkan, han tenkan</i>					
	- Practice <i>kagi zuki</i> (various types) <i>harai uke, uchi harai uke</i>					
5	- <i>oten yori okiagari</i> (roll and stand up)					
	- pressure points of the hands and arms					
	- principles of <i>nuki te</i> (inner wrist in <i>jun te</i> )	<i>kote nuki</i> <Ryu'o Ken>	<i>tai gamae,</i> <i>hiraki gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>	grab the inner wrist in <i>jun te</i> and pull it <i>kagite shuho, uraken chudan zuki</i>	213	
5	- <i>uraken uchi</i>					
	- pressure points of the head and face					
	- <i>sashikae irimi, chidori irimi</i> - <i>hiraki sagari, jun sagari</i>					
5	- offenses while moving ( <i>jun zuki,</i> <i>gyaku zuki, jun geri, gyaku geri</i> )					
	- defenses while moving ( <i>uwa uke, uchi uke, shita uke</i> )					

## 6th Kyu Curriculum

Week	Basic Practice	Kihon Hokei	Shifting / Stance	Offense/ Defense/ Katame / Atemi	Kyohan page	Check
6	- <i>Tenchi Ken Dai-ikkei</i> (solo form) - <i>do zuki, do geri</i> - <i>keri age, keri komi</i> - offenses and defenses while moving ( <i>jodan zuki</i> and <i>uchi uke, chudan zuki</i> and <i>shita uke, chudan geri</i> and <i>uchi harai uke</i> )	<i>tenshin geri</i> < <i>Nio Ken</i> >	<i>tai gamae,</i> <i>hiraki gamae</i> (O) <i>chudan gamae</i> (D) <i>ichiji gamae</i>	<i>jodan choku zuki</i> <i>yoko tenshin</i> and <i>chudan keri age</i>	176	
7	- <i>uwa uke zuki (sei tai gamae)</i> - <i>sashikae irimi, chidori irimi</i> - offenses and defenses while moving ( <i>shuto uchi, uwa uke</i> ) - pressure points of the head and face  - <i>ni ren ko</i> of <i>tsuki</i> and <i>keri</i> - <i>Ryu'o Ken Dai-ikkei</i> (solo form)	<i>uwa uke zuki</i> ( <i>omote</i> ) < <i>Nio Ken</i> >	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>ichiji gamae</i>	<i>shuto uchi</i> <i>uwa uke, chudan zuki, kumade zuki</i>	171	
		<i>uwa uke zuki</i> ( <i>ura</i> ) < <i>Nio Ken</i> >	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>ichiji gamae</i>	<i>shuto uchi</i> <i>uwa uke</i> and <i>chudan zuki</i>	171	
8 and after	Review, preparation for the examination					

## 5th Kyu Objectives

### ◎ Philosophy

The curriculums of Shorinji Kempo consist of techniques and philosophy. The training is to be well balanced between the two. At this Kyu level, kenshi learns the significances of the techniques and the philosophy.

1. How to Study the Technical and Philosophical Teachings
2. Systems of the Training of Shorinji Kempo

### ◎ Techniques

Based on the basic movements learned in the 6th Kyu, the range of movement is broadened. Repeat the movements until the body learns them.

#### [*Tan'en Kihon Hokei*]

*Giwa Ken Dai-ikkei* (solo form)

*Ryu'o Ken Dai-ikkei* (paired form)

*Tenchi Ken Dai-ikkei* (paired form)

#### [*Kihon Hokei*]

*Nio Ken:* *Hokei* focusing on attacks and defenses against *jodan*  
*ryusui geri (mae), uwa uke geri (omote, ura)*

*Sango Ken:* *Hokei* consisting mainly of offense to *chudan*, and defending with arms and countering with legs

*shita uke geri, shita uke jun geri*

*Ryu'o Ken:* Basics of *juho* defense skills consisting mainly of hand releases

*katate yori nuki, maki nuki (katate)*

*Ryuka Ken:* Twists and throws against grabs to the hands and arms

*gyaku gote*

*Kongo Ken:* Pins and arrests

*mae yubi gatame*

## 5th Kyu Curriculum

Week	Basic Practice	Kihon Hokei	Shifting / Stance	Offense / Defense/ Katame / Atemi	Kyohan page	Check
1	- <i>keri age, keri komi</i> - <i>ryusui uke, keri age / keri komi</i>  - <i>byakuren chudan gamae</i> ( <i>kaisoku chudan gamae</i> ), continued to <i>jo chu ni ren zuki</i>	<i>ryusui geri</i> ( <i>mae</i> ) < <i>Nio Ken</i> >	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>ichiji gamae</i>	<i>jodan gyaku zuki</i> <i>ryusui uke, chudan geri,</i> <i>juji ashi sagari</i> or <i>kumo ashi sagari</i>	170	
		<i>randori (goho)</i> review	Responses against <i>jodan zuki</i> (single attacks)			
2	- offenses and defenses while moving ( <i>hiraki sagari</i> and <i>keri</i> ) ( <i>hiraki sagari, uwa uke</i> and <i>keri</i> )	<i>uwa uke geri</i> ( <i>omote</i> ) < <i>Nio Ken</i> >	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>ichiji gamae</i>	<i>shuto uchi</i> <i>uwa uke</i> and <i>keri komi,</i> <i>juji ashi sagari, kumo ashi sagari</i>	172	
	- <i>do zuki</i> and <i>do geri</i>	<i>uwa uke geri</i> ( <i>ura</i> ) < <i>Nio Ken</i> >	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>ichiji gamae</i>	<i>shuto uchi</i> <i>uwa uke, chudan geri</i> <i>juji ashi sagari</i> or <i>kumo ashi sagari</i>	172	
		<i>randori (goho)</i> review	Responses against <i>shuto uchi</i>			
3	- <i>shuto giri, yorimi</i> - principles of <i>nuki te</i> (outer wrist in <i>jun te</i> )	<i>katate yori nuki</i> < <i>Ryu'o Ken</i> >	<i>hiraki gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>	Grab and pull the outer wrist in <i>jun te</i> <i>kagite shuho, kumade zuki</i>	210	
	- <i>Tenchi Ken Dai-ikkei</i> (paired form) - pressure points of the neck					
		<i>randori (juho)</i> review	<i>nuki waza</i> against <i>sei tai gamae</i> (outer wrist in <i>jun te</i> )			
4	- <i>sashikomi ashi</i> and <i>jun geri</i> / <i>mawashi geri</i> - <i>juji uke</i>	<i>maki nuki</i> ( <i>katate</i> ) < <i>Ryu'o Ken</i> >	<i>hiraki gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>	outer wrist in <i>jun te</i> <i>kagite shuho, uraken uchi,</i> <i>chudan zuki</i>	221	
	- <i>Ryu'o Ken Dai-ikkei</i> (paired form) - <i>jo chu ni ren zuki</i> ( <i>kaisoku chudan gamae</i> )					
		<i>randori (juho)</i> review	<i>nuki waza</i> against <i>sei tai gamae</i> (outer wrist in <i>jun te</i> )			
5	- various types of <i>tai gamae</i> - offenses and defenses while moving ( <i>chudan zuki</i> and <i>shita uke</i> ) - <i>jo chu ni ren zuki</i> ( <i>chudan gamae</i> ) - <i>Giwa Ken Dai-ikkei</i> (solo form)	<i>shita uke geri</i> < <i>Sango Ken</i> >	<i>tai gamae</i> (O) <i>ichiji gamae</i> (D) <i>hasso gamae</i>	<i>chudan gyaku zuki</i> <i>shita uke, gyaku geri</i>	182	
		<i>randori (juho)</i> review	<i>nuki waza</i> against grabs to inner wrist in <i>jun te</i>			

## 5th Kyu Curriculum

Week	Basic Practice	Kihon Hokei	Shifting/ Stance	Offense / Defense/ Katame / Atemi	Kyohan page	Check	
6	- jun zuki, gyaku zuki, jun geri, gyaku geri  - sashikae ashi, keri age / sokuto geri	shita uke jun geri <Sango Ken>	tai gamae (O) ichiji gamae (D) hasso gamae	chudan jun zuki shita uke (rear hand), jun geri	182		
		randori (goho) review	Responses against chudan zuki (single attack)				
7	- uchi geri - gedan zuki	gyaku gote <Ryuka Ken>	tai gamae / hiraki gamae (O) chudan gamae (D) chudan gamae	Grab and pull the inner wrist in jun te uchi geri, mae yubi gatame, gedan zuki	239 286		
		randori (goho) review	Responses against single attacks to jodan or chudan				
		randori (juho) review	nuki waza against grabs to inner or outer wrist in jun te				
8 and after	Review, preparation for the examination						

## 4th Kyu Objectives

### ◎ Philosophy

At this Kyu level, the purpose for practicing Shorinji Kempo are reaffirmed. Then, the kenshi learns the human qualities sought through the practice of Shorinji Kempo, and the key attitudes.

1. What is True Strength?
2. Key Attitudes Toward Training

### ◎ Techniques

*Goho* up through the 4th Kyu consists of single attacks, and *juho* mainly consists of *hokei* that are defense and responses against grabs to a single hand. At this Kyu level, the goal is to learn *hokei* that form the basis for those techniques.

[*Tan'en Kihon Hokei*]

*Tenchi Ken Dai-nikei* (solo form)

[*Kihon Hokei*]

*Nio Ken*: *Hokei* focusing on attacks and defenses against *jodan*

*uchi age zuki* (*ura, omote*), *uchi age geri* (*ura, omote*),

*soto uke zuki* (*ura, omote*), *soto uke geri* (*ura, omote*)

*Ryu'o Ken*: Basics of *juho* defense skills consisting mainly of *nuki te* (hand releases)

*tsuki nuki* (*soto, uchi*), *kiri nuki* (*soto, uchi*)

*Ryuka Ken*: Twists and throws against grabs to hands and arms

*katate okuri gote*, *okuri maki tembin*

*Kongo Ken*: Pins and arrests

*okuri gatame*

## 4th Kyu Curriculum

Week	Basic Practice	Kihon Hokei	Shifting / Stance	Offense / Defense/ <i>Katame / Atemi</i>	Kyohan page	Check
1	- <i>jun zuki</i> ( <i>mae chidori ashi</i> , <i>sashikae ashi</i> ) - <i>soto uke</i>	<i>soto uke zuki</i> ( <i>ura, omote</i> ) <Nio Ken>	<i>tai gamae</i> , <i>hiraki gamae</i> (O) <i>chudan gamae</i> (D) <i>ichiji gamae</i>	<i>jodan zuki</i> <i>soto uke, chudan zuki</i>	174	
	- <i>Giwa Ken Dai-ikkei</i> (solo form) - <i>jo chu ni ren zuki</i> ( <i>chudan gamae</i> )					
		<i>randori (goho)</i> review	Responses against <i>jodan zuki</i> (single attacks)			
2	- offense and defense techniques ( <i>jodan zuki</i> and <i>soto uke</i> ) - various types of <i>ukemi</i>	<i>soto uke geri</i> ( <i>ura, omote</i> ) <Nio Ken>	<i>tai gamae</i> , <i>hiraki gamae</i> (O) <i>chudan gamae</i> (D) <i>ichiji gamae</i>	<i>jodan zuki</i> <i>soto uke, chudan geri</i>	175	
	- offenses and defenses while moving ( <i>ren</i> , consecutive)					
		<i>randori (goho)</i> review	Responses against <i>chudan zuki</i> (single attacks)			
3	- various types of <i>umpo ho</i> - various types of <i>tai sabaki</i>	<i>katate okuri gote</i> <Ryuka Ken>	<i>hiraki gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>	outer wrist in <i>jun te</i> <i>kagite shuho, okuri gatame</i>	245 285	
	- various types of <i>furi zuki</i> - various types of <i>kagi zuki</i>					
		<i>randori (juho)</i> review	Responses against grab to the outer wrist in <i>jun te</i>			
4	- <i>furi zuki, chudan zuki</i> ( <i>ni ren ko</i> )	<i>okuri maki tembin</i> <Ryuka Ken>	<i>hiraki gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>	outer wrist in <i>jun te</i> <i>okuri gote</i> attempted and changed	249	
	- offenses and defenses while moving ( <i>kagi zuki</i> and <i>uchi harai uke, mawashi geri</i> and <i>uchi harai uke</i> )					
		<i>randori (juho)</i> review	Responses against grab to inner wrist in <i>jun te</i>			
5	- <i>soto uke</i> and <i>uchi age uke</i>	<i>uchi age zuki</i> ( <i>ura, omote</i> ) <Nio Ken>	<i>tai gamae</i> , <i>hiraki gamae</i> (O) <i>chudan gamae</i> (D) <i>ichiji gamae</i>	<i>jodan zuki</i> <i>uchi age uke, chudan zuki</i>	172	
	- offense and defense skills ( <i>jodan zuki</i> and <i>uchi age uke</i> ) - <i>Tenchi Ken Dai-nikei</i> (solo form)	<i>uchi age geri</i> ( <i>ura, omote</i> ) <Nio Ken>	<i>tai gamae</i> , <i>hiraki gamae</i> (O) <i>chudan gamae</i> (D) <i>ichiji gamae</i>	<i>jodan zuki</i> <i>uchi age uke, chudan geri</i>	173	
		<i>randori (goho)</i> review	Responses against single attacks to <i>jodan</i> or <i>chudan</i>			
6	- <i>ni ren ko</i> ( <i>jo jo zuki, jo chu zuki</i> ) - principles of <i>nuki te</i> ( <i>gyaku te</i> , inner wrist / outer wrist)	<i>kiri nuki</i> ( <i>soto</i> ) <Ryu'o Ken>	<i>hiraki gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>	Grab and pull the outer wrist in <i>gyaku te</i> Front fist held high, <i>chudan gyaku zuki</i>	223	
	- <i>ni ren ko</i> ( <i>uraken</i> and <i>chudan zuki, shuto giri</i> and <i>chudan zuki</i> )	<i>kiri nuki</i> ( <i>uchi</i> ) <Ryu'o Ken>	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>	Grab and pull inner wrist in <i>gyaku te</i> Front fist held high, <i>chudan gyaku zuki</i>	223	
		<i>randori (joho)</i> review	Responses against grabs to inner or outer wrist in <i>gyaku</i>			

## 4th Kyu Curriculum

Week	Basic Practice	Kihon Hokei	Shifting / Stance	Offense / Defense/ Katame / Atemi	Kyohan page	Check
7	- <i>urate uchi (kinteki uchi)</i> - <i>shoken uchi</i> ( <i>suigetsu, yoko zanmai, mikazuki</i> )	<i>tsuki nuki (soto)</i> < <i>Ryu'o Ken</i> >	<i>hiraki gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>	Hold down the defender's <i>kagite</i> . <i>tsuitate shuho, urate uchi</i> or <i>shoken uchi</i>	220	
		<i>tsuki nuki (uchi)</i> < <i>Ryu'o Ken</i> >	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>	Hold down the defender's <i>kagite</i> . <i>tsuitate shuho, urate uchi</i> or <i>shoken uchi</i>	220	
		<i>randori (goho)</i> <i>randori (juho)</i> review	Responses against single attacks to <i>jodan</i> or <i>chudan</i> Responses against grabs to inner or outer wrist in <i>jun te</i>			
8 and after	Review, preparation for the examination					

## 3rd Kyu Objectives

### ◎ Philosophy

At this Kyu level, kenshi learn the characteristics of Shorinji Kempo and the knowledge necessary for improving the technical skills.

1. Shorinji Kempo is a Discipline that Develops Individuals
2. Distinguishing Characteristics of Shorinji Kempo (*Ken Zen Ichinyo, Riki Ai Funi*)
3. The Five Elements of *Atemi*
4. Kinds of *Kihon* in Shorinji Kempo

### ◎ Techniques

For *goho*, arc strikes and combination attacks are added. For *juho*, defenses and responses for grabs to both hands (*ryote*), are added. Also, from the 3rd Kyu, *un'yoho* (application) and paired *embu* (*kumi embu*) are evaluated. *Un'yoho* practice includes the skills learned to this level to be applied for responses. *Kumi embu* practice aims to show accurately the basic motions with an opponent in paired form.

#### [*Tan'en Kihon Hokei*]

*Tenchi Ken Dai-sankei* (solo form), *Tenchi Ken Dai-yonkei* (solo form)  
*Giwa Ken Dai-nikei* (solo form), *Giwa Ken Dai-ikkei* (paired form)

#### [*Kihon Hokei*]

*Nio Ken:* *Hokei* focusing on attacks and defenses against *jodan*  
*uchi uke geri (ura, omote), soto oshi uke zuki, uchi oshi uke zuki*

*Sango Ken:* *Hokei* consisting mainly of offenses to *chudan*, and defending with arms and countering with legs  
*juji uke geri*

*Ten'o Ken:* Basic forms of combination offenses that starts from the *jodan*  
*tsuki ten ichi*

*Ryu'o Ken:* Basics of *juho* defense skills consisting mainly of hand releases  
*ryote yori nuki, tsuki nuki (ryote), maki nuki (ryote), juji nuki (katate), nidan nuki, hiji nuki* continued to *mae tembin*

*Ryuka Ken:* Twists and throws against grabs to hands and arms  
*gyaku gote*, continued to *ura gaeshi nage, juji gote (katate)*

*Kongo Ken:* Pins and arrests  
*ura gatame, juji gatame, ude juji gatame, tate gassho gatame*

### 3rd Kyu Curriculum

Week	Basic Practice	Kihon Hokei	Shifting / Stance	Offense / Defense/ Katame / Atemi	Kyohan page	Check
1	- <i>san ren ko</i> ( <i>jo chu jo tsuki, jo chu keru</i> ) - <i>Tenchi Ken Dai-sankei</i> (solo form) - <i>Tenchi Ken Dai-yonkei</i> (solo form)	<i>ude juji gatame</i> continued to <i>tate gassho gatame</i> < <i>Kongo Ken</i> >	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>	<i>gedan geri</i>	284 291	
	- <i>ren geri</i> ( <i>jun geri, gyaku geri</i> and <i>gyaku geri, jun geri</i> ) - <i>tobi ren geri</i>	<i>randori (goho)</i> <i>embu</i> review	Responses against <i>chudan zuki</i> (single attack)			
2	- various types of <i>dan zuki</i> ( <i>me uchi</i> and <i>chudan zuki, jo jo dan zuki, jo chu dan zuki</i> )	<i>ryote yori nuki</i> < <i>Ryu 'o Ken</i> >	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>	Grab and pull outer wrists in <i>jun te me uchi, chudan zuki, kumade zuki</i> or <i>jodan zuki</i>	218	
	- <i>ren uke</i> practice	<i>maki nuki (ryote)</i> < <i>Ryu 'o Ken</i> >	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>	outer wrists in <i>jun te uraken uchi</i>	221	
		<i>randori(juho)</i> <i>embu</i> review	Responses against grabs to both outer wrists ( <i>ryote</i> )			
3	- <i>sokuto geri</i>  - offenses and defenses while moving ( <i>jodan zuki</i> and <i>uchi uke</i> )	<i>uchi uke geri (ura)</i> < <i>Nio Ken</i> >	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>ichiji gamae</i>	<i>jodan gyaku zuki uchi uke, sokuto geri</i>	174	
		<i>uchi uke geri (omote)</i> < <i>Nio Ken</i> >	<i>hiraki gamae</i> (O) <i>chudan gamae</i> (D) <i>ichiji gamae</i>	<i>jodan gyaku zuki uchi uke, sokuto geri</i>	174	
		<i>randori (goho)</i> <i>embu</i> review	Responses against <i>jodan zuki</i> (single attack)			
4	- various types of <i>hiji ate</i> - <i>ni ren ko</i> ( <i>jo jo tsuki, jo chu tsuki</i> ) - <i>ni ren ko</i> ( <i>shuto giri</i> and <i>chudan zuki</i> )	<i>juji nuki (katate)</i> < <i>Ryu 'o Ken</i> >	<i>hiraki gamae</i> (O) <i>chudan gamae</i> (D) front hand high	Grab and push outer wrist in <i>gyaku te kagite shuho, uraken uchi, chudan zuki</i>	224	
	- <i>ni ren ko</i> ( <i>uraken uchi</i> and <i>chudan zuki</i> ) - <i>do zuki, do geri</i>	<i>juji gote (katate)</i> < <i>Ryuka Ken</i> >	<i>hiraki gamae</i> (O) <i>chudan gamae</i> (D) fronthand high	Grab and push outer wrist in <i>gyaku te kagite shuho, juji gatame</i>	257 290	
		<i>randori (juho)</i> <i>embu</i> review	<i>nuki waza</i> against grabs to outer wrist in <i>gyaku te</i>			
5	- <i>Giwa Ken Dai-nikei</i> (solo form)  - <i>san ren ko</i> ( <i>jo chu choku geri, jo chu mawashi geri</i> )	<i>nidan nuki</i> < <i>Ryu 'o Ken</i> >	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>	Prevent partner from doing <i>ryote yori nuki nidan nuki, shuto giri, yori nuki</i>	225	
		<i>randori (juho)</i> <i>embu</i> review	<i>nuki waza</i> against grabs to inner wrist in <i>gyaku te</i>			
6	- <i>furi zuki</i> (single and <i>ren</i> attacks)	<i>soto oshi uke zuki</i> < <i>Nio Ken</i> >	(O) <i>chudan gamae</i> (D) <i>ichiji gamae</i>	<i>jodan furi zuki soto oshi uke, chudan zuki</i>	175	
	- offenses and defenses ( <i>furi zuki</i> and <i>soto oshi uke</i> )	<i>uchi oshi uke zuki</i> < <i>Nio Ken</i> >	(O) <i>chudan gamae</i> (D) <i>ichiji gamae</i>	<i>jodan furi zuki uchi oshi uke, chudan zuki</i>	175	
	- offenses and defenses ( <i>furi zuki</i> and <i>uchi oshi uke</i> )	<i>randori (goho)</i> <i>embu</i> review	Responses against <i>furi zuki</i> (single attacks)			

### 3rd Kyu Curriculum

Week	Basic Practice	Kihon Hokei	Shifting / Stance	Offense / Defense/ Katame / Atemi	Kyohan page	Check
7	- various types of <i>umppo ho</i> - various types of <i>ukemi</i>	<i>tsuki nuki</i> ( <i>ryote</i> ) < <i>Ryu'o Ken</i> >	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>	Hold down the defender's <i>kagite</i> . <i>tsuki nuki, urate uchi</i> or <i>shoken uchi</i>	220	
		<i>randori (juho)</i> <i>embu</i> review	<i>nuki waza</i> against grabs to both outer wrists ( <i>ryote</i> )			
8	- <i>Giwa Ken Dai-ikkei</i> (paired form) - offenses and defenses while moving ( <i>ni ren zuki</i> and <i>ren uke</i> )	<i>tsuki ten ichi</i> < <i>Ten'o Ken</i> >	<i>hiraki gamae</i> (O) <i>chudan gamae</i> (D) <i>ichiji gamae</i>	<i>jo chu ni ren zuki</i> <i>ren uke, doji geri</i>	185	
		<i>randori (goho)</i> <i>embu</i> review	Responses against <i>shuto uchi</i> or <i>furi zuki</i>			
9	- <i>shoken uchi</i> ( <i>mikazuki, suigetsu</i> )	<i>hiji nuki</i> , continued to <i>mae tembin</i> < <i>Ryu'o Ken</i> >	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>	Pull one hand, push another.	225	
		<i>randori (juho)</i> <i>embu</i> review	<i>nuki waza</i> from <i>chudan gamae</i> ( <i>katate, ryote</i> )			
10	- <i>Ryu'o Ken Dai-ikkei</i> (solo form)* - <i>Ryu'o Ken Dai-ikkei</i> (paired from)*	<i>gyaku gote</i> , <i>ura gaeshi nage</i> , <i>ura gamate</i> < <i>Ryuka Ken</i> >	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>	<i>ura gatame</i>	243 288	
	* repeated appearance		<i>nuki waza</i> ( <i>katate, ryote</i> ) from <i>chudan gamae</i> (fist in high position)			
11	- <i>sashikomi ashi, mawashi geri</i> - <i>harai uke</i> and <i>yoko juji uke</i>	<i>juji uke geri</i> < <i>Sango Ken</i> >	<i>tai gamae</i> (O) <i>ichiji gamae</i> (D) <i>ichiji gamae</i>	<i>sashikomi mawashi geri</i> <i>juji uke, keri kaeshi</i>	183	
	- offenses and defenses while moving ( <i>mawashi geri</i> and <i>uchi harai uke</i> ) - offenses and defenses while moving ( <i>mawashi geri</i> and <i>juji uke</i> )	<i>randori (goho)</i> <i>embu</i> review	Responses against <i>choku zuki</i> or <i>furi zuki</i> to <i>jodan</i>			
12 and after	Review, preparation for the examination					

## 2nd Kyu Objectives

### ◎ Philosophy

At this Kyu level, kenshi learn more knowledge necessary for improving the technical skills.

1. Distinguishing Characteristics of Shorinji Kempo (*Shushu Koju, Fusatsu Katsujin*)
2. On *Chinkon* Practice
3. Technical Classifications of Shorinji Kempo
4. *Ma'ai* and Opportunity for Offense and Defense
5. On mind, *Ki*, and Strength
6. History and Founding of Shorinji Kempo

### ◎ Techniques

For *goho*, in addition to a continuous motion from defense to counterattack, a characteristic of Shorinji Kempo, "*ren han ko*" is practiced. Also, in *juho*, protective and defensive skills against additional types of attacks are learned.

[*Tan'en Kihon Hokei*]

*Tenchi Ken Dai-nikei* (paired form)

[*Kihon hokei*]

*Nio Ken:* *Hokei* focusing on attacks and defenses against *jodan*  
*uchi uke zuki (omote), kusshin zuki, kusshin geri, kusshin tsuki keru,*  
*soto oshi uke geri, uchi oshi uke geri*

*Sango Ken:* *Hokei* consisting mainly of offenses to *chudan*, and defending with arms  
and countering with legs  
*han tenshin geri, yoko tenshin geri*

*Ten'o Ken:* Basic forms for combination attacks that start with *jodan*  
*kon ten ichi*

*Ryu'o Ken:* Basics of *juho* defense skills consisting mainly of hand releases.  
*kiri kaeshi nuki (katate, morote), sankaku nuki, juji nuki (ryote),*  
*gassho nuki, johaku nuki (katate, ryote), oshi kiri nuki*

*Ryuka Ken:* Twists and throws against grabs to the hands and arms  
*ryote okuri gote, okuri dori, okuri yoko tembin, ryote juji gote,*  
*ryaku juji gote, maki juji gote, kiri gote (katate, morote)*

*Kongo Ken:* Pins and arrests  
*okuri yubi dori*

*Rakan Ken:* Twists and throws against grabs to collars and sleeves  
*johaku dori (katate, ryote)*

## 2nd Kyu Curriculum

Week	Basic Practice	Kihon Hokei	Shifting / Stance	Offense / Defense/ Katame / Atemi	Kyohan page	Check
1	- <i>ni ren ko</i> ( <i>shuto giri</i> and <i>chudan zuki</i> ) - <i>ni ren ko</i> ( <i>jodan zuki</i> and <i>chudan zuki</i> )	<i>gassho nuki</i> <Ryu'o Ken>	<i>tai gamae</i> (O) <i>chudan gamae</i>  (D) <i>chudan gamae</i>	Pull outer wrists in <i>gyaku te</i> to force defender off balance. <i>kagite shuho, jo chu ni ren zuki</i>	225	
	- various types of <i>hiji ate</i> - study defense against <i>ashi barai</i>	<i>sankaku nuki</i> <Ryu'o Ken>	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>	<i>ude ushiro neji age</i> <i>sankaku shuho, yoko hiji ate</i>	228	
		<i>randori (goho)</i> <i>embu</i> review	Responses against <i>tsuki</i> attacks			
2	- various types of <i>hiji ate</i>  - <i>tobikomi geri, tobi geri, tobi ren geri</i>	<i>juji nuki</i> ( <i>ryote</i> ) <Ryu'o Ken>	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) both hands high	<i>juji nuki, hiji ate, and kiri nuki, jodan zuki</i>	224	
		<i>ryote juji gote</i> <Ryuka Ken>	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) both hands high	Grab and pull outer wrist in <i>gyaku te</i> . <i>juji gatame</i>	257	
		<i>randori (juho)</i> <i>embu</i> review	<i>nuki waza</i> against grabs to outer wrist in <i>gyaku te</i> ( <i>katate</i> )			
3	- various types of <i>furi zuki</i> - <i>kusshin uke</i>  - offenses and defenses ( <i>furi zuki</i> and <i>kussin uke</i> ) <i>ni ren ko</i>  - <i>san ren ko</i> ( <i>jo chu jo, jo chu keru</i> )	<i>kusshin zuki</i> <i>kusshin geri</i> <Nio Ken>	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>ichiji gamae</i>	<i>jodan furi zuki</i> <i>kusshin</i> and <i>chudan zuki, kusshin</i> and <i>chudan geri</i>	176	
		<i>kusshin zuki geri</i> <Nio Ken>	(O) <i>chudan gamae</i> (D) <i>ichiji gamae</i>	<i>jodan furi zuki</i> <i>kusshin, chudan tsuki keru</i> <i>ni ren ko</i>		
		<i>randori (goho)</i> <i>embu</i> review	Responses against <i>tsuki</i> attacks ( <i>jodan</i> or <i>chudan</i> )			
4	- <i>Tenchi Ken Dai-nikei</i> (solo form)  - <i>ude ushiro neji age</i> , hammer throw	<i>kiri kaeshi nuki</i> ( <i>katate, morote</i> ) <Ryu'o Ken>	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>gedan gamae</i>	<i>ude ushiro neji age</i> <i>kagite shuho, chudan zuki</i> or <i>kumade zuki</i>	227	
	- <i>Tenchi Ken Dai-nikei</i> (paired form)	<i>kiri gote</i> ( <i>katate, morote</i> ) <Ryuka Ken>	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>gedan gamae</i>	<i>ude ushiro neji age</i> <i>kagite shuho</i>	258	
		<i>randori (juho)</i> <i>embu</i> review	<i>nuki waza</i> against grabs to outer wrists in <i>gyaku te</i> ( <i>ryote</i> )			
5	- <i>gyaku geri</i> and <i>yoko tenshin, han tenshin, gyaku tenshin</i>  - <i>sashikomi ashi, keru ren ko</i> - <i>sashikae ashi, keru ren ko</i>	<i>yoko tenshin geri, ren han ko</i> <Sango Ken>	<i>tai gamae</i> (O) <i>ichiji gamae</i> (D) <i>chudan gamae</i>	<i>gyaku geri</i> <i>yoko tenshin, uchi harai uke, chudan geri</i>	183	
		<i>han tenshin geri, ren han ko</i> <Sango Ken>	<i>hiraki gamae</i> (O) <i>ichiji gamae</i> (D) <i>chudan gamae</i>	<i>gyaku geri</i> <i>han tenshin, uchi harai uke, chudan geri</i>	183	
		<i>randori (goho)</i> <i>embu</i> review	Responses against <i>chudan geri</i> (single attacks)			

## 2nd Kyu Curriculum

Week	Basic Practice	Kihon Hokei	Shifting / Stance	Offense / Defense/ Katame / Atemi	Kyohan page	Check
6	<ul style="list-style-type: none"> <li>- pressure points of the hands and arms</li> <li>- <i>ni ren ko</i> (<i>furi zuki</i>)</li> <li>- practice <i>uchi te</i></li> <li>- <i>tai sabaki</i> of <i>tenshin</i> (<i>yoko</i>, <i>han</i>, <i>gyaku</i>) and <i>keri</i></li> </ul>	<i>johaku nuki</i> ( <i>katate</i> , <i>ryote</i> ) < <i>Ryu'o Ken</i> >	(O) (D) lure grab to the <i>johaku</i>	Grab and push upper arms. <i>kagite shuho</i>	227	
		<i>johaku dori</i> ( <i>katate</i> , <i>ryote</i> ) < <i>Rakan Ken</i> >	(O) (D)	When <i>ryote</i> , <i>johaku nuki</i> continued to <i>johaku dori</i>	300	
		<i>randori</i> ( <i>juho</i> ) <i>embu</i> review	<i>chudan gamae</i> , <i>nuki waza</i> ( <i>katate</i> , <i>ryote</i> )			
7	<ul style="list-style-type: none"> <li>- various types of <i>furi zuki</i></li> <li>- offense and defense techniques (<i>furi zuki</i> and <i>soto oshi uke</i>)</li> <li>- practice <i>yoko geri</i></li> <li>- offense and defense techniques (<i>furi zuki</i> and <i>uchi oshi uke</i>)</li> </ul>	<i>soto oshi uke geri</i> , <i>ren han ko</i> < <i>Nio Ken</i> >	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>ichiji gamae</i>	<i>jodan furi zuki</i> <i>soto oshi uke</i> and <i>keri komi</i>		
		<i>uchi oshi uke geri</i> , <i>ren han ko</i> < <i>Nio Ken</i> >	<i>hiraki gamae</i> (O) <i>chudan gamae</i> (D) <i>ichiji gamae</i>	<i>jodan furi zuki</i> <i>uchi oshi uke</i> and <i>sokuto geri</i>		
		<i>randori</i> ( <i>goho</i> ) <i>embu</i> review	Responses against <i>furi zuki</i> (single attacks)			
8	<ul style="list-style-type: none"> <li>- <i>ni ren zuki</i> (<i>jun gyaku</i>, <i>gyaku jun</i>)</li> <li>- offenses and defenses while moving (<i>mawashi geri</i> and <i>uchi harai uke</i>)</li> <li>- offenses and defenses while moving (<i>mawashi geri</i> and <i>juji uke</i>)</li> <li>- <i>ni ren zuki</i> (<i>furi zuki</i> and <i>chudan zuki</i>) <i>oshi uke</i>, <i>ren uke</i></li> </ul>	<i>uchi uke zuki</i> ( <i>omote</i> ) <i>ren han ko</i> < <i>Nio Ken</i> >	<i>hiraki gamae</i> (O) <i>chudan gamae</i> (D) <i>ichiji gamae</i>	<i>jodan gyaku zuki</i> <i>uchi uke</i> , <i>chudan zuki</i>	173	
		<i>kon ten ichi ren han ko</i> < <i>Ten'o Ken</i> >	<i>hiraki gamae</i> (O) <i>ichiji gamae</i> (D) <i>ichiji gamae</i>	<i>ni ren ko</i> with <i>yoko furi zuki</i> and <i>gyaku zuki</i> <i>soto oshi uke</i> , <i>ren uke</i> , <i>doji geri</i>	190	
		<i>randori</i> ( <i>goho</i> ) <i>embu</i> review	Responses against <i>chudan zuki</i> , <i>chudan geri</i> (single attacks)			
9	<ul style="list-style-type: none"> <li>- various types of <i>wanto uchi</i></li> <li>- <i>ren</i> attacks (<i>mawashi geri</i> and <i>jo chu ni ren zuki</i>)</li> <li>- <i>ren</i> attacks (<i>sokuto geri</i> and <i>jo chu ni ren zuki</i>)</li> </ul>	<i>oshi kiri nuki</i> < <i>Ryu'o Ken</i> >	<i>tai gamae</i> (O) (D)	Prevent <i>johaku nuki</i> <i>oshi kiri nuki</i> , <i>johaku nuki</i>	227	
		<i>okuri dori</i> < <i>Ryuka Ken</i> >	(O) (D)	<i>shikake waza</i>	248	
		<i>randori</i> ( <i>juho</i> ) <i>embu</i> review	<i>nuki waza</i> against grabs to both arms			
10	<ul style="list-style-type: none"> <li>- offense and defense techniques <i>chudan geri</i> and <i>shita uke</i>, <i>chudan geri</i> and <i>uchi otoshi uke</i></li> <li>- study <i>seoi nage</i> and <i>ashi barai</i></li> <li>- pressure points of the hands and arms</li> </ul>	<i>ryote okuri gote</i> < <i>Ryuka Ken</i> >	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>	Grab and pull both outer wrists in <i>jun te</i> <i>okuri yubi dori</i> , <i>renko</i>	246 286	
		<i>ryote okuri gote</i> continued to <i>okuri yoko tembin</i> < <i>Ryuka Ken</i> >	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>	Grab and pull both outer wrists in <i>jun te</i> <i>ura gatame</i>	250	
		<i>randori</i> ( <i>juho</i> ) <i>embu</i> review	<i>nuki waza</i> from <i>chudan gamae</i> ( <i>katate</i> , <i>ryote</i> )			

## 2nd Kyu Curriculum

Week	Basic Practice	<i>Kihon Hokei</i>	Shifting / Stance	Offense / Defense/ <i>Katame</i> / <i>Atemi</i>	<i>Kyohan</i> page	Check
11	- various types of <i>ukemi</i>	<i>ryaku juji gote</i> < <i>Ryuka Ken</i> >	(O) (D)	Grab and pull outer wrist from the side <i>sankaku shuho</i>	257	
		<i>maki juji gote</i> < <i>Ryuka Ken</i> >	(O) (D)	Attempt to escape by turning the back to the defender <i>ryaku juji gote</i> attempted and changed	258	
		<i>randori (goho)</i> <i>embu</i> review	Responses against single attacks ( <i>tsuki</i> or <i>keri</i> )			
12 and after	Review, preparation for the examination					

## 1st Kyu Objectives

### ◎ Philosophy

At this Kyu level kenshi learn the essentials of technical application needed in the training of Shorinji Kempo.

1. Distinguishing Characteristics of Shorinji Kempo (*Go Ju Jttai, Kumite Shutai*)
2. Three Teachings of Ken (*Shu, Ha, Ri*)
3. *Kisei* and *Kiai*
4. Shorinji Kempo Related Organizations

### ◎ Techniques

For *goho*, learn various ren and dan motions. For *juho*, learn defensive and counter techniques against grabs to the sleeve and collar.

#### [*Tan'en Kihon Hokei*]

*Tenchi Ken Dai-gokei* (solo form), *Tenchi Ken Dai-rokkei* (solo form),  
*Byakuren Ken Dai-ikkei* (solo form)

#### [*Kihon Hokei*]

*Sango Ken:* *Hokei* consisting mainly of offense to *chudan*, and defending with the arm and countering with the leg.

*harai uke geri*

*Ten'o Ken:* Basic forms for combination attacks that start with the *jodan*  
*furi ten ni, tsuki ten ni, keru ten san, tsuki ten san*

*Byakuren Ken:* Basic forms for dan offense-defense combination, where the blocking hand is used immediately for the counterattack

*tsubame gaeshi, chidori gaeshi*

*Ryu'o Ken:* Basics of *juho* defense skills consisting mainly of hand releases  
*morote tsuki nuki, katate oshi nuki, morote juji nuki, morote hiki nuki, eri nuki, sode nuki*

*Ryuka Ken:* Twists and throws against grabs to the hands and arms  
*maki gote (katate, morote), morote juji gote*

*Kongo Ken:* Pins and arrests  
*mae tembin gatame, tembin gatame (ura)*

*Rakan Ken:* Twists and throws against grabs to the collar and sleeve  
*sode maki, sode dori, sode maki tembin, hiki otoshi, kata muna otoshi, ude maki, eri juji*

# 1st Kyu Curriculum

Week	Basic Practice	Kihon Hokei	Shifting / Stance	Offense / Defense/ Katame / Atemi	Kyohan page	Check
1	- Tenchi Ken Dai-gokei (solo form) - Tenchi Ken Dai-rokkei (solo form)	<i>morote tsuki nuki</i> <Ryu'o Ken>	<i>hiraki gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>	hold down defender's <i>kagite tsuitate shuho, urate uchi</i> or <i>shoken uchi</i>	221	
	- Offense and defense while moving ( <i>ren</i> ) ( <i>choku geri, mawashi geri, sokuto geri</i> )	<i>katate oshi nuki</i> <Ryu'o Ken>	<i>hiraki gamae</i> (O) <i>chudan gamae</i> (D) <i>gedan gamae</i>	grab inner wrist in <i>jun te, ushiro neji age kagite shuho, kumade zuki</i> or <i>naiwanto uchi</i>	223	
		<i>randori (goho)</i> <i>embu</i> review	Responses against <i>keri</i>			
2	- <i>ashi barai</i> grabbing the sleeves and defenses against it - <i>ashi barai</i> grabbing the collar and sleeve and defenses against it - flipping ( <i>daisharin</i> ) from <i>seoi nage</i>	<i>kata muna otoshi</i> <Rakan Ken>	(O) <i>chudan gamae</i>  (D)	grab and push upper collar (vertical fist)	300	
		<i>eri juji</i> <Rakan Ken>	(O) <i>chudan gamae</i>  (D)	grab and push upper collar (horizontal fist)	303	
		<i>randori (juho)</i> <i>embu</i> review	Responses against grabs in the chest area			
3	- <i>dan hangeki</i> ( <i>uchi uke, soto uke, uchi age uke</i> ) - <i>Byakuren Ken Dai-ikkei</i> (solo form) - <i>dan han ko</i> practice ( <i>uchi uke</i> and <i>shuto giri, uchi uke</i> and <i>me uchi</i> ) - practice <i>dan</i> offenses ( <i>jo jo dan zuki, jo chu dan zuki</i> ) - various types of <i>kari ashi</i>	<i>tsubame gaeshi, ren han ko</i> <Byakuren Ken >	<i>hiraki gamae</i> (O) <i>chudan gamae</i> (D) <i>taiki gamae</i>	<i>jodan gyaku zuki uchi uke, dan hangeki</i> with <i>shuto giri</i>	192	
		<i>chidori gaeshi, kari ashi, ren han ko</i> <Byakuren Ken >	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>taiki gamae</i>	<i>sashikae jodan jun zuki uchi uke, dan hangeki</i> with <i>urate uchi</i>	193	
		<i>randori (goho)</i> <i>embu</i> review	Responses against <i>ren</i> attacks			
4	- Study defenses against <i>seoi nage, ashi barai</i> - <i>seoi nage</i> and <i>daisharin</i>	<i>sode nuki</i> <Ryu'o Ken>	(O) <i>chudan gamae</i> (D) <i>gyaku gedan gamae</i>	grab and pull upper sleeve <i>uraken uchi</i> and <i>chudan zuki</i>	229	
	- <i>sashikomi ashi choku geri, mawashi geri</i> - <i>sashikae ashi choku geri, mawashi geri</i>	<i>sode dori</i> <Rakan Ken>	(O) <i>chudan gamae</i> (D) <i>gyaku gedan gamae</i>	grab and pull upper sleeve	297	
		<i>randori (juho)</i> <i>embu</i> review	Responses against grabs to the sleeve			
5	- <i>dan uke</i> practice ( <i>uchi uke</i> and <i>uchi harai uke, uchi age uke</i> and <i>uchi otoshi uke</i> )	<i>hiki otoshi</i> <Rakan Ken>	(O) <i>chudan gamae</i> (D) lure to the upper arm	resist with tension and push <i>sode dori</i> or <i>johaku dori</i> attempted and changed	300	
	- offense and defense skills ( <i>mawashigeri</i> and <i>uchi harai uke</i> )	<i>harai uke geri, ren han ko</i> <Sango Ken>	<i>hiraki gamae</i> (O) <i>ichiji gamae</i> (D) <i>ichiji gamae</i>	<i>sashikomi mawashi geri uchi harai uke, keri komi</i>	180	
		<i>randori (goho)</i> <i>embu</i> review	Responses against ken			

# 1st Kyu Curriculum

Week	Basic Practice	Kihon Hokei	Shifting / Stance	Offense / Defense/ Katame / Atemi	Kyohan page	Check
6	- perform mae <i>ukemi</i> , <i>ushiro ukemi</i> and <i>daisharin</i> as combined sequence	<i>sode maki</i> <Rakan Ken>	(O) <i>chudan gamae</i> (D) <i>gyaku gedan gamae</i>	Grab and pull back sleeve	296	
	- <i>tobikomi geri</i> , <i>tobi geri</i> , <i>tobi ren geri</i> - <i>mawashi geri</i> , <i>sokuto geri</i> , <i>ushiro geri</i>	<i>sode maki tembin</i> <Rakan Ken>	(O) <i>chudan gamae</i> (D) <i>gyaku gedan gamae</i>	Escape <i>sode maki</i> or <i>sode dori</i>	298	
		<i>randori (juho)</i> <i>embu</i> review	Attacks to sleeves and collars and defenses against them			
7	- <i>dan uke</i> ( <i>uchi age uke</i> and <i>uchi otoshi uke</i> ) - offense and defense while moving ( <i>ren zuki</i> and <i>ren uke</i> )	<i>tsuki ten ni</i> , <i>ren han ko</i> <Ten'o Ken>	<i>hiraki gamae</i> (O) <i>chudan gamae</i> (D) <i>ichiji gamae</i>	<i>jo jo ren zuki</i> <i>dan uke</i> with <i>uchi age uke</i> and <i>uchi otoshi uke</i> , <i>doji geri</i>	188	
	- <i>dan uke</i> ( <i>soto oshi uke</i> and <i>uchi oshi uke</i> ) - offense and defense while moving ( <i>furi zuki</i> and <i>dan uke</i> )	<i>furi ten ni</i> , <i>ren han ko</i> <Ten'o Ken>	<i>hiraki gamae</i> (O) <i>ichiji gamae</i> (D) <i>ichiji gamae</i>	<i>ni ren ko</i> ( <i>yoko furi zuki</i> , <i>uwa furi zuki</i> ) <i>dan uke</i> with <i>soto oshi uke</i> and <i>uchi otoshi uke</i> , and <i>sokuto geri</i> ( <i>doji geri</i> )	188	
		<i>randori (goho)</i> <i>embu</i> review	Responses against <i>ren ko bo</i> ( <i>tsuki</i> )			
8	- <i>ren</i> attacks ( <i>mawashi geri</i> and <i>jo chu ni ren zuki</i> ) - <i>ren</i> attacks ( <i>sokuto geri</i> and <i>jo chu ni ren zuki</i> ) - <i>ni ren ko</i> ( <i>furi zuki</i> )	<i>eri nuki</i> <Ryu'o Ken>	(O) <i>chudan gamae</i> (D) <i>gyaku gedan gamae</i>	Grab and pull lower collar. <i>uraken uchi</i> , <i>chudan zuki</i>	229	
		<i>ude maki</i> <Rakan Ken>	(O) <i>chudan gamae</i> (D) <i>gyaku gedan gamae</i>	Grab and pull lower collar.	302	
		<i>randori (juho)</i> <i>embu</i> review	Responses against grabs to the sleeve and collar			
9	- <i>ni ren ko</i> ( <i>tsuki</i> and <i>keri</i> ) - <i>ni ren zuki</i> ( <i>jun</i> and <i>gyaku</i> , <i>gyaku</i> and <i>jun</i> )	<i>morote juji nuki</i> <Ryu'o Ken>	(O) <i>chudan gamae</i> (D) Keep the front hand high	Grab one wrist with both hands in <i>gyaku te</i> . Push it or <i>ude gyaku dori</i> <i>yoko hiji ate</i> or <i>uraken uchi</i> , <i>chudan zuki</i>	224	
		<i>morote juji gote</i> <Ryuka Ken>	(O) <i>chudan gamae</i> (D) Keep the front hand high	Grab one wrist with both hands in <i>gyaku te</i> . Push it or <i>ude gyaku dori</i> . <i>juji gatame</i>	258	
		<i>randori (juho)</i> <i>embu</i> review	Responses from <i>chudan gamae</i> (fist slightly high)			
10	- <i>san ren ko</i> ( <i>jo chu jo san ren zuki</i> ) - <i>ren uke</i> , <i>dan uke</i> practice	<i>tsuki ten san ren han ko</i> <Ten'o Ken>	<i>hiraki gamae</i> (O) <i>chudan gamae</i> (D) <i>ichiji gamae</i>	<i>jo chu jo san ren zuki</i> <i>ren uke</i> , <i>uwa uke</i> , <i>doji geri</i>	189	
	- <i>san ren ko</i> ( <i>jo chu choku geri</i> , <i>jo chu mawashi geri</i> ) - offenses and defenses while moving ( <i>ni ren ko</i> , <i>san ren ko</i> )	<i>keri ten san ren han ko</i> <Ten'o Ken>	<i>hiraki gamae</i> (O) <i>chudan gamae</i> (D) <i>ichiji gamae</i>	<i>san ren ko</i> with <i>jo chu ni ren zuki</i> and <i>keri</i> <i>ren uke</i> , <i>juji uke</i> , <i>doji geri</i>	189	
		<i>randori (goho)</i> <i>embu</i> review	Responses against <i>ren attacks</i> ( <i>tsuki</i> , <i>keri</i> )			

# 1st Kyu Curriculum

Week	Basic Practice	<i>Kihon Hokei</i>	Shifting / Stance	Offense / Defense/ <i>Katame / Atemi</i>	<i>Kyohan</i> page	Check
11	- various types of <i>ni ren ko</i> - various types of <i>san ren ko</i>	<i>morote hiki nuki</i> < <i>Ryu 'o Ken</i> >	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) front hand high	<i>ude gyaku dori</i> <i>shuto giri, chudan zuki</i>	226	
		<i>maki gote</i> ( <i>katate, morote</i> ) < <i>Ryuka Ken</i> >	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) front hand high	( <i>katate</i> ) Grab the inner wrist in <i>gyaku te (morote) ude gyaku dori</i> <i>tembin gatame (ura)</i> or <i>mae</i> <i>tembin</i> or <i>ura gatame</i>	242	
		<i>randori(juho)</i> <i>embu</i> review	Responses from <i>chudan gamae</i> (fist slightly high)			
12 and after	Review, preparation for the examination					

## 1st Dan Objectives

### ◎ Philosophy

Study the various principles needed for the technical skills. Learn the details of the each line in the "*Dokun*" that is recited during *Chinkon gyo*.

1. Meditation (*Seiku*), Oath (*Seigan*), Creed (*Shinjo*)
2. The Ranking System of Shorinji Kempo
3. Principle used in Shorinji Kempo
4. On *Sen*
5. Shorinji Kempo Symbols and Activities

### ◎ Techniques

There are not many new techniques at this level, however, the 1st Dan should be approached as a review of everything learned up to this point. Learn precise basic movements and be able to move with large accurate motions.

[*Tan'en Kihon Hokei*]

Review of everything up to this point

[*Kihon Hokei*]

*Sango Ken*: *Hokei* consisting mainly of offenses to *chudan*, and defending with arm and countering with leg.  
*gedan gaeshi, gyaku tenshin geri*

*Kakuritsu Ken*: Techniques consisting mainly of defenses and counterattacks with leg, starting with a *hiza uke* while standing on the other leg and delivering a kickback in *haro kyakugeki*.  
*kinteki geri hiza uke nami gaeshi, gyaku geri hiza uke nami gaeshi*

*Ryu'o Ken*: Basics of *juho* defense skills consisting mainly of hand releases.  
*morote maki nuki, morote oshi nuki, morote wa nuki*

*Ryuka Ken*: Twists and throws against grabs to the hands and arms  
*oshi gote (katate, ryote), kote maki gaeshi*

*Goka Ken*: Primarily throws of *Go Ju Ittai*  
*gyaku tembin*

*Kongo Ken*: Pins and arrests  
*kannuki gatame*

# 1st Dan Curriculum

Week	Basic Practice	Kihon Hokei	Shifting / Stance	Offense / Defense/ Katame / Atemi	Kyohan page	Check
1	- offenses and defenses while moving ( <i>mawashi geri</i> and <i>uchi harai uke</i> , <i>sashikae jun zuki</i> and <i>shita uke</i> )	<i>gedan gaeshi</i> , <i>ren han ko</i> < <i>Sango Ken</i> >	<i>hiraki gamae</i> (O) <i>ichiji gamae</i> (D) <i>ichiji gamae</i>	<i>sashikomi mawashi geri</i>	180	
	- <i>han tenshin</i> and <i>gyaku tenshin</i>	<i>gyaku tenshin geri</i> , <i>ren han ko</i> < <i>Sango Ken</i> >	<i>hiraki gamae</i> (O) <i>ichiji gamae</i> (D) <i>hasso gamae</i>	<i>sashikae chudan jun zuki</i> <i>gyaku tenshin</i> , <i>shita uke</i>	183	
	- offenses and defenses while moving ( <i>jodan zuki</i> and <i>han tenshin</i> , <i>gyaku tenshin</i> )	<i>randori</i> <i>embu</i> review				
2	- various types of <i>hiji ate</i>	<i>gyaku tembin</i> < <i>Goka Ken</i> >	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>		277	
	- various types of <i>wanto uchi</i>	<i>morote oshi nuki</i> < <i>Ryu 'o Ken</i> >	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>	<i>gyaku tembin</i> <i>kagite shuho</i> , <i>nai wanto uchi</i>	223	
	- various types of <i>ren</i> attacks	<i>randori</i> <i>embu</i> review				
3	- <i>haro kyakugeki</i> <i>hiza uke</i> and <i>kinteki geri</i>	<i>kinteki geri hiza uke</i> <i>nami gaeshi</i> , <i>ren han ko</i> < <i>Kakuritsu Ken</i> >	<i>tai gamae</i> (O) <i>ichiji gamae</i> (D) <i>ichiji gamae</i>	<i>kinteki geri (jun)</i> <i>hiza uke</i> , <i>kinteki keri kaeshi</i>	200	
	- offense and defense techniques <i>kinteki geri</i> and <i>hiza uke</i>	<i>gyaku geri hiza uke</i> <i>nami gaeshi</i> , <i>ren han ko</i> < <i>Kakuritsu Ken</i> >	<i>hiraki gamae</i> (O) <i>ichiji gamae</i> (D) <i>ichiji gamae</i>	<i>kinteki geri (gyaku)</i> <i>hiza uke</i> and <i>juji uke</i> , <i>kinteki keri kaeshi</i>	200	
	- various types of <i>juji uke</i>	<i>randori</i> <i>embu</i> review				
4	- pressure points of the arm and hand	<i>oshi gote</i> ( <i>katate</i> , <i>ryote</i> ) < <i>Ryuka Ken</i> >	(O) <i>chudan gamae</i> (D) <i>chudan gamae</i>	Grab outer wrist in <i>jun te</i> <i>kannuki gatame</i>	253 254 289	
		<i>kote maki gaeshi</i> < <i>Ryuka Ken</i> >	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>gyaku gedan gamae</i>	<i>kannuki gatame</i>	254	
		<i>randori</i> <i>embu</i> review				
5	- <i>ippon se nage</i>	<i>morote wa nuki</i> < <i>Ryu 'o Ken</i> >	<i>hiraki gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>	<i>ippon se nage</i>	226	
	- flipping from <i>seoi nage</i>	<i>morote maki nuki</i> < <i>Ryu 'o Ken</i> >	<i>hiraki gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>	<i>ippon se nage</i>	222	
	- various types of <i>ukemi</i>	<i>randori</i> <i>embu</i> review				
6	Review, preparation for the examination					

## Summary of Technical Curriculum by Week

Week	6th Kyu	5th Kyu	4th Kyu
1		- ryusui geri ( <i>mae</i> )	- soto uke zuki ( <i>ura, omote</i> )
2	- ryusui geri ( <i>ushiro</i> )	- uwa uke geri ( <i>omote</i> ) - uwa uke geri ( <i>ura</i> )	- soto uke geri ( <i>ura, omote</i> )
3	- uchi uke zuki ( <i>ura</i> )	- katate yori nuki	- katate okuri gote, okuri gatame
4	- ude juji gatame	- maki nuki ( <i>katate</i> )	- okuri maki tembin
5	- kote nuki	- shita uke geri	- uchi age zuki ( <i>ura, omote</i> ) - uchi age geri ( <i>ura, omote</i> )
6	- tenshin geri	- shita uke jun geri	- kiri nuki ( <i>soto</i> ) - kiri nuki ( <i>uchi</i> )
7	- uwa uke zuki ( <i>omote</i> ) - uwa uke zuki ( <i>ura</i> )	- gyaku gote, continued to <i>mae yubi gatame</i>	- tsuki nuki ( <i>soto</i> ) - tsuki nuki ( <i>uchi</i> )
8	Review, Preparation for the Examination	Review, Preparation for the Examination	Review, Preparation for the Examination
9			
10			
11			
12			

	3rd Kyu	2nd Kyu	1st Kyu	1st Dan
1	- ude juji gatame, tate gassho gatame	- gassho nuki - sankaku nuki	- morote tsuki nuki - katate oshi nuki	- gedan gaeshi - gyaku tenshin geri
2	- ryote yori nuki - maki nuki (ryote)	- juji nuki (ryote) - ryote juji gote	- kata muna otoshi - eri juji	- gyaku tembin - morote oshi nuki
3	- uchi uke geri (ura) - uchi uke geri (omote)	- kushshin zuki, kushshin geri - kushshin zuki geri	- tsubame gaeshi - chidori gaeshi kari ashi	- kinteki geri hiza uke nami gaeshi - gyaku geri hiza uke nami gaeshi
4	- juji nuki (katate) - juji gote (katate), continued to juji gatame	- kiri kaeshi nuki (katate, morote) - kiri gote (katate, morote)	- sode nuki - sode dori	- oshi gote (katate, ryote), kannuki gatame - kote maki gaeshi, kannuki gatame
5	- nidan nuki	- yoko tenshin geri - han tenshin geri	- hiki otoshi - harai uke geri	- morote wa nuki - morote maki nuki
6	- soto oshi uke zuki - uchi oshi uke zuki	- johaku nuki (katate, ryote) - johaku dori (katate, ryote)	- sode maki - sode maki tembin	Review, Preparation for the Examination
7	- tsuki nuki (ryote)	- soto oshi uke geri - uchi oshi uke geri	- tsuki ten ni - furi ten ni	
8	- tsuki ten ichi	- uchi uke zuki (omote) - kon ten ichi	- eri nuki - ude maki	
9	- hiji nuki, continued to mae tembin	- oshi kiri nuki - okuri dori	- morote juji nuki - morote juji gote	
10	- gyaku gote, continued to ura gaeshi nage, ura gatame	- ryote okuri gote, continued to okuri yubi dori, renko - ryote okuri gote, continued to okuri yoko tembin, ura gatame	- tsuki ten san - keru ten san	
11	- juji uke geri	- ryaku juji gote - maki juji gote	- morote hiki nuki - maki gote (katate, morote), tembin gatame (ura) / mae tembin gatame / ura gatame	
12	Review, Preparation for the Examination	Review, Preparation for the Examination	Review, Preparation for the Examination	

## Summary of Techniques by Rank and Family

	6th Kyu	5th Kyu	4th Kyu
<i>Tan'en Kihon Hokei</i>	<i>Tenchi Ken Dai-ikkei (solo form)</i> <i>Ryu'o Ken Dai-ikkei (solo form)</i>	<i>Giwa Ken Dai-ikkei (solo form)</i> <i>Ryu'o Ken Dai-ikkei (paired form)</i> <i>Tenchi Ken Dai-ikkei (paired form)</i>	<i>Tenchi Ken Dai-nikei (solo form)</i>
<i>Kihon Hokei</i>	◆ <i>Nio Ken</i> <i>ryusui geri (ushiro)</i> <i>uwa uke zuki (omote, ura)</i> <i>uchi uke zuki (ura)</i> <i>tenshin geri</i>	◆ <i>Nio Ken</i> <i>ryusui geri (mae)</i> <i>uwa uke geri (omote, ura)</i>	◆ <i>Nio Ken</i> <i>uchi age zuki (ura, omote)</i> <i>uchi age geri (ura, omote)</i> <i>soto uke zuki (ura, omote)</i> <i>soto uke geri (ura, omote)</i>
		◆ <i>Sango Ken</i> <i>shita uke geri</i> <i>shita uke jun geri</i>	
	◆ <i>Ryu'o Ken</i> <i>kote nuki</i>	◆ <i>Ryu'o Ken</i> <i>katate yori nuki</i> <i>maki nuki (katate)</i>	◆ <i>Ryu'o Ken</i> <i>tsuki nuki (soto, uchi)</i> <i>kiri nuki (soto, uchi)</i>
		◆ <i>Ryuka Ken</i> <i>gyaku gote</i>	◆ <i>Ryuka Ken</i> <i>katate okuri gote</i> <i>okuri maki tembin</i>
	◆ <i>Kongo Ken</i> <i>ude juji gatame</i>	◆ <i>Kongo Ken</i> <i>mae yubi gatame</i>	◆ <i>Kongo Ken</i> <i>okuri gatame</i>

3rd Kyu	2nd Kyu	1st Kyu	1st Dan
<i>Tenchi Ken Dai-sankei</i> (solo form) <i>Tenchi Ken Dai-yonkei</i> (solo form) <i>Giwa ken Dai-nikkei</i> (solo form) <i>Giwa Ken Dai-ikkei</i> (paired from)	<i>Tenchi Ken Dai-nikei</i> (paired from)	<i>Tenchi Ken Dai-gokei</i> (solo form) <i>Tenchi Ken Dai-rokkei</i> (solo form) <i>Byakuren Ken Dai-ikkei</i> (solo form)	
◆ <i>Nio Ken</i> <i>uchi uke geri</i> ( <i>ura, omote</i> ) <i>soto oshi uke zuki</i> <i>uchi oshi uke zuki</i>	◆ <i>Nio Ken</i> <i>uchi uke zuki</i> ( <i>omote</i> ) <i>kusshin zuki</i> <i>kusshin geri</i> <i>kusshin tsuki keru</i> <i>soto oshi uke geri</i> <i>uchi oshi uke geri</i>		
◆ <i>Sango Ken</i> <i>juji uke geri</i>	◆ <i>Sango Ken</i> <i>han tenshin geri</i> <i>yoko tenshin geri</i>	◆ <i>Sango Ken</i> <i>harai uke geri</i>	◆ <i>Sango Ken</i> <i>gedan gaeshi</i> <i>gyaku tenshin geri</i>
◆ <i>Ten'o Ken</i> <i>tsuki ten ichi</i>	◆ <i>Ten'o Ken</i> <i>kon ten ichi</i>	◆ <i>Ten'o Ken</i> <i>furi ten ni</i> <i>tsuki ten ni</i> <i>keru ten san</i> <i>tsuki ten san</i>	
		◆ <i>Byakuren Ken</i> <i>tsubame gaeshi</i> <i>chidori gaeshi</i>	◆ <i>Kakuritsu Ken</i> <i>kinteki geri hiza uke nami gaeshi</i> <i>gyaku geri hiza uke nami gaeshi</i>
◆ <i>Ryu'o Ken</i> <i>ryote yori nuki</i> <i>tsuki nuki</i> ( <i>ryote</i> ) <i>maki nuki</i> ( <i>ryote</i> ) <i>juji nuki</i> ( <i>katate</i> ) <i>nidan nuki</i> <i>hiji nuki</i> , continued to <i>mae tembin</i>	◆ <i>Ryu'o Ken</i> <i>kiri kaeshi nuki</i> ( <i>katate, ryote</i> ) <i>sankaku nuki</i> <i>juji nuki</i> ( <i>ryote</i> ) <i>gassho nuki</i> <i>johaku nuki</i> ( <i>katate, ryote</i> ) <i>oshi kiri nuki</i>	◆ <i>Ryu'o Ken</i> <i>morote tsuki nuki</i> <i>katate oshi nuki</i> <i>morote juji nuki</i> <i>morote hiki nuki</i> <i>eri nuki</i> <i>sode nuki</i>	◆ <i>Ryu'o Ken</i> <i>morote maki nuki</i> <i>morote oshi nuki</i> <i>morote wa nuki</i>
◆ <i>Ryuka Ken</i> <i>gyaku gote</i> continued to <i>ura gaeshi nage</i> <i>juji gote</i> ( <i>katate</i> )	◆ <i>Ryuka Ken</i> <i>ryote okuri gote</i> <i>okuri dori</i> <i>okuri yoko tembin</i> <i>ryote juji gote</i> <i>ryaku juji gote</i> <i>maki juji gote</i> <i>kiri gote</i> ( <i>katate, morote</i> )	◆ <i>Ryuka Ken</i> <i>maki gote</i> ( <i>katate, morote</i> ) <i>morote juji gote</i>	◆ <i>Ryuka Ken</i> <i>oshi gote</i> ( <i>katate, ryote</i> ) <i>kote maki gaeshi</i>
			◆ <i>Goka Ken</i> <i>gyaku tembin</i>
◆ <i>Kongo Ken</i> <i>ura gatame</i> <i>juji gatame</i> <i>tate gassho gatame</i>	◆ <i>Kongo Ken</i> <i>okuri yubi dori</i>	◆ <i>Kongo Ken</i> <i>mae tembin gatame</i> <i>tembin gatame</i> ( <i>ura</i> )	◆ <i>Kongo Ken</i> <i>kannuki gatame</i>
	◆ <i>Rakan Ken</i> <i>johaku dori</i> ( <i>katate, ryote</i> )	◆ <i>Rakan Ken</i> <i>sode maki</i> <i>sode dori</i> <i>sode maki tembin</i> <i>hiki otoshi</i> <i>kata muna otoshi</i> <i>ude maki</i> <i>eri juji</i>	

MEMO

## APPENDIX 1

# Reference Material of Shorinji Kempo Techniques

Stances: *Byakuren Hachi-jin* (8 *Byakuren* stances)

*gassho gamae*



*manji gamae -hidari* (left)



*midare gamae -hidari* (left)



*hasso gamae -hidari (left)*



*taiki gamae -hidari (left)*



*gyaku taiki gamae -hidari (left)*



*aiki gamae -hidari (left)*



*byakuren chudan gamae (kaisoku chudan gamae)*



Stances: *Giwa Kyu-jin* (9 *Giwa* stances)

*kesshu gamae*



*ichiji gamae* -hidari (left)



*nio gamae* -hidari (left)



*chudan gamae -hidari (left)*



*gedan gamae -hidari (left)*



*gyaku gedan gamae -hidari (left)*



*fukko gamae (ushiro fukko) -hidari (left)*



*tate muso gamae -hidari (left)*



*yoko muso gamae -hidari (left)*



## Grabs to the Wrist

*jun te* (inner wrist)



*jun te* (outer wrist)



*gyaku te* (inner wrist)



*gyaku te* (outer wrist)



## Tan'en Kihon Hokei

### ● Tenchi Ken Dai-ikkei

Preparation: *Kesshu dachi, chosoku, happo moku*. Draw the right foot back in *hiki ashi* to assume *hidari chudan gamae*.

- "ichi!" 1, Step forward in *hidari mae chidori*, and deliver *hidari jodan choku zuki*. Right fist remains in front of chest.
- "ni!" 2, Draw right foot forward slightly with *migi yose*, and deliver *migi chudan gyaku zuki*. Left fist back in front of chest.
- "san!" 3, Bring left foot forward to assume *heima dachi*, executing *migi soto uke* while delivering *hidari yoko kagi zuki*.
- "shi!" 4, Step back with *hidari hiraki sagari*, and execute *migi uwa uke*. Left fist in front of chest.
- "go!" 5, Draw in right foot slightly with *migi ushiro yose ashi*. Perform *migi uchi uke* and *hidari shita uke* nearly simultaneously.
- "roku!" 6, Pull in abdomen with *hikimi* while simultaneously executing *migi uchi harai uke* and *hidari soto uke*.
- "shichi!" 7, *Migi keru age*. Return right leg to original position immediately upon completion of kick.
- "hachi!" 8, Step back with *migi hiraki sagari*. Left hand performs *hidari shita uke* and then takes its place in *hidari ichiji gamae*. *Zanshin*.
- "ku!" 9, Draw back leg in with *migi mae yose ashi*. Assume *kesshu dachi* while maintaining *happo moku* and re-establishing *chosoku*.

### ● Tenchi Ken Dai-nikei

Preparation: *Kesshu dachi, chosoku, happo moku*. Draw back right foot in *hiki ashi*; assume *hidari ichiji gamae*.

- "ichi!" 1,2, (1) Left *mae chidori*, left hand delivers *jodan yoko furi zuki*. Right hand in front of chest.
- "ni!" (2) Continuing the motion, right *chudan gyaku zuki*. Left fist in front of chest.
- "san!" 3, (3) Stepping forward slightly with the left foot, assume *heima dachi* while executing right *uchi age uke*, and follow in one motion with left *yoko kagi zuki*.
- "shi!" 4,5, (4) Right leg forward in *sashikae ashi* and right fist delivers *jodan choku zuki* straight from *uchi age uke*. Left fist in front of chest.
- "go!" (5) Continuing, left fist delivers *chudan gyaku zuki*. Right fist in front of chest.
- "roku!" 6,7, (6) Step back with left *jun sagari* while left hand executes *soto uke* and the right hand executes *uchi uke* and *uchi otoshi uke* to make *nio uke*.
- "shichi!" (7) Remaining in *nio gamae*, deliver *keru age* with right leg and return it to its original position.
- "hachi!" 8, Stepping back with the right foot in *hiraki sagari*, left hand performs *shita uke* and then assumes *hidari ichiji gamae* position. *Zanshin*.
- "ku!" 9, Bring right leg in *mae yose ashi*. *Kesshu dachi, chosoku, happo moku*.

### ● Tenchi Ken Dai-sankei

Preparation: *Kesshu dachi, chosoku, happo moku*. Draw right foot back in *hiki ashi*; assume *ichiji gamae*.

- "ichi!" 1,2,3, (1) Left foot forward with *mae chidori*, left fist delivers *jodan yoko furi zuki* directly ahead.
- "ni!" (2) Right fist delivers *chudan gyaku zuki* 30 degrees to the right. Left hand in front of chest.
- "san!" (3) Right leg delivers *mawashi geri* 60 degrees to the right; bring foot down on a line 90 degrees (a quarter turn) from original facing, and whole body turns to face 90 degrees.
- "shi!" 4,5, (4) Stepping forward with right *mae chidori*, right hand delivers *shuto giri*. Left hand in front of chest.
- "go!" (5) Left fist delivers *chudan gyaku zuki*. Right hand in front of chest.
- "roku!" 6,7, (6) Stepping back with left *jun sagari*, *shita uke* with right hand.
- "shichi!" (7) Right leg delivers *keru age* and returns to original position.
- "hachi!" 8, Turn head to look in the opposite direction; then step across with right *yoko kagi ashi* and execute *zen tenkan*. Assume *hidari ichiji gamae*. *Zanshin*.
- "ku!" 9, Bring in right foot with *mae yose ashi*. *Kesshu dachi, chosoku, happo moku*.

## ● Tenchi Ken Dai-yonkei

Preparation: *Kesshu dachi, chosoku, happo moku*. Draw back right foot in *hiki ashi* and assume *hidari ichiji gamae*.

- "*ichi!*" 1,2, (1) Shifting weight to the left foot, jump while delivering right *gyaku geri*.  
 "*ni!*" (2) *Tobi geri* with left leg to complete *tobi niren geri* (done while remaining in *ichiji gamae*).  
 "*san!*" 3,4, (3) Immediately upon landing, deliver *shuto giri* with the left hand. Right fist in front of the chest.  
 "*shi!*" (4) Right fist delivers *chudan gyaku zuki* to complete the sequence. Left fist in front of chest.  
 "*go!*" 5,6, (5) Stepping back with right *jun sagari, shita uke* with left hand. Right hand in front of the chest.  
 "*roku!*" (6) Left leg delivers *keri age* and immediately returns to original position.  
 "*shichi!*" 7, Turn head to the right and draw out left foot to perform *migi han tenkan*. Assume *migi ichiji gamae*.  
*Zanshin*.  
 "*hachi!*" 8, Bring left foot forward with *mae yose ashi*. *Kesshu dachi, chosoku, happo moku*.

## ● Tenchi Ken Dai-goikei

Preparation: *Kesshu dachi, chosoku, happo moku*. Draw back left foot in *hiki ashi* and assume *migi ichiji gamae*.

- "*ichi!*" 1,2, (1) Turn left foot sideways, execute *uchi harai uke* with right hand. Left fist in front of chest.  
 "*ni!*" (2) Right leg delivers *keri age* and returns to original position.  
 "*san!*" 3,4, (3) Turn right foot in *mae kagi ashi dachi* and execute *uchi harai* with left hand. Right fist in front  
 "*shi!*" of chest.  
 (4) While assuming *ichiji gamae*, deliver *taka geri* with left leg and bring leg down with a stepping  
 forward and slightly sideways motion (*fumi komi*).  
 "*go!*" 5,6, (5) Turn left foot in *mae kagi ashi dachi* and execute *uchi harai* with right hand. Left fist in front of  
 "*roku!*" chest.  
 (6) Deliver right *sokuto geri* to the fore and immediately pull leg back in to assume *kakusoku dachi*.  
 Use the motion to turn to face left.  
 "*shichi!*" 7,8, (7) Put right foot down forward and sideways to assume the stance for *jodan choku zuki*, and  
 "*hachi!*" deliver it with right hand. Left hand in front of chest.  
 (8) Execute *soto uke* with right fist and bring it in front of the chest. Left fist delivers *chudan gyaku*  
*zuki*.  
 "*ku!*" 9, Shifting the weight to the back foot, execute a wide *uchi harai* with closed right fist, and assume  
*gedan gamae*.  
 "*ju!*" 10, Stepping across in right *yoko kagi ashi*, turn head to the rear. Execute *uchi harai* with open left  
 hand and perform *zen tenkan*. Assume *hidari ichiji gamae*. *Zanshin*.  
 "*ju-ichi!*" 11, Bring in right foot with *mae yose ashi*. *Kesshu dachi, chosoku, happo moku*.

## ● Tenchi Ken Dai-rokkei

Preparation: *Kesshu dachi, chosoku, happo moku*. Draw right foot back in *hiki ashi* and assume *hidari ichiji gamae*.

- "*ichi!*" 1,2, (1) Draw right foot in with *mae yose ashi*, and execute *uchi harai* with left hand.  
 "*ni!*" (2) Left leg delivers *yoko geri* to the left. Right hand in front of chest. Left hand maintains *ichiji*  
*gamae*.  
 "*san!*" 3,4, (3) Cross left leg in front of right in *juji ashi*, and execute *uchi harai* with right hand. Execute *soto*  
 "*shi!*" *uke* with left fist.  
 (4) Deliver *yoko geri* with right leg, pulling it back in immediately to assume *kakusoku dachi*.  
 "*go!*" 5,6,7, (5) Set foot down in a roughly diagonal motion to assume stance for *jodan choku zuki*, and deliver  
 "*roku!*" it with right fist.  
 "*shichi!*" (6) Left fist delivers *chudan gyaku zuki*.  
 (7) Deliver right *jodan modori zuki*.  
 "*hachi!*" 8, Deliver right *keri age* and return foot immediately to its original position.  
 "*ku!*" 9, Drawing out the right foot, turn to the left with *han tenkan* while executing *uchi harai* with left  
 hand.  
 "*ju!*" 10, Assume *hidari ichiji gamae*. *Zanshin*.  
 Draw right leg in with *mae yose ashi*. *Kesshu dachi, chosoku, happo moku*.

## ● Ryu'ō Ken Dai-ikkei

Preparation: *Kesshu dachi, chosoku, happo moku*. Draw the left foot back in *hiki ashi* and assume *migi chudan gamae*.

- "*ichi!*" 1,2, (1) Step in with *sashikae ashi* and execute *kagite shuho* with the right hand. Left hand remains in  
 "*ni!*" *chudan gamae*.  
 (2) Deliver *me uchi* with left hand and return hand to its original position.
- "*san!*" 3,4, (3) Bring the right foot forward in *mae yose ashi*, and execute *kote nuki* with the right hand.  
 "*shi!*" (4) Form the point of release of right hand, deliver *ura ken uchi* to *sango*. Left fist remains in front of the chest.
- "*go!*" 5, (5) Stepping to the right with *kani ashi*, deliver left *chudan choku zuki*. Right hand in front of chest.  
 "*roku!*" 6,7, (6) While dodging with left *yoko furimi*, deliver right *jodan choku zuki*. Left hand in front of chest  
 "*shichi!*" (7) Assume *migi ichiji gamae* and deliver *keri age* with right leg to *jodan* or *chudan*.  
 Retract leg immediately to front.
- "*hachi!*" 8, Step back in *hiraki sagari* to assume *hidari ichiji gamae* while executing *hidari shita uke*.  
 "*ku!*" 9, *Hidari ichiji gamae. Zanshin*.  
 Draw in right foot with *mae yose ashi. Kesshu dachi, chosoku, happo moku. Gassho rei*.

## ● Giwa Ken Dai-ikkei

Preparation: *Kesshu dachi, chosoku, happo moku*. Draw right foot back in *hiki ashi* and assume *hidari chudan gamae*.

- "*ichi!*" 1,2, (1) Stepping forward with left *mae chidori*, deliver left *jodan choku zuki*. Right fist in front of  
 "*ni!*" chest.  
 (2) Right fist delivers *chudan gyaku zuki*. Left hand in front of chest.
- "*san!*" 3,4, (3) Stepping back with right *jun sagari*, execute *soto uke* with right fist and *uchi uke* followed by  
 "*shi!*" *uchi otoshi uke* with left hand to complete *nio uke*.  
 (4) Remaining in *nio gamae*, deliver left *keri age* and swiftly return leg to original position.  
 Assume *ichiji gamae. Zanshin*.
- "*go!*" 5,6, (5) Turn head to face the rear. Stepping across in left *yoko kagi ashi*, perform *zen tenkan*.  
 "*roku!*" (6) Completing the turn, change from *gedan gamae* to *chudan gamae*.  
 Going through these six steps again from the right side, finish the full sequence by drawing in the rear leg with *mae yose ashi. Kesshu dachi, chosoku, happo moku*.

## ● Giwa Ken Dai-nikei

Preparation: *Kesshu dachi, chosoku, happo moku*. Draw back right foot in *hiki ashi* and assume *hidari chudan gamae*.

- "*ichi!*" 1,2,3, (1) Step forward with left *chidori ashi* and execute left *uchi uke*. Right fist in front of chest.  
 "*ni!*" (2) Deliver right *chudan gyaku zuki*. Left hand in front of chest
- "*san!*" (3) Deliver right *gyaku geri* and immediately return the leg to its original position
- "*shi!*" 4,5, (4) Stepping back with *jun sagari* execute left *shita uke*. Right fist in front of chest.  
 "*go!*" (5) Deliver left *keri age* and return the leg immediately to its original position. Assume *hidari ichiji gamae. Zanshin*.
- "*roku!*" 6,7, (6) Turn head to face right. Drawing out the left foot, execute *han tenkan* to face right.  
 "*shichi!*" (7) Immediately assume *chudan gamae*.  
 Continue the same pattern from the right stance, each time finishing with a right turn. When you return to the original facing, draw your left leg forward in *mae yose ashi. Kesshu dachi, chosoku, happo moku*.

## ● Byakuren Ken Dai-ikkei

Preparation: *Kesshu dachi, chosoku, happo moku*. Draw back right foot in *hiki ashi* and assume *taiki gamae*.

- "ichi!" 1,2,3, (1) Step in with left *chidori* and execute left *uchi uke*. Right fist in front of chest.  
"ni!" (2) Immediately deliver left *shuto giri* to complete the combined defense and counter-attack.  
"san!" (3) Right *chudan choku zuki*. Left hand in front of chest.  
"shi!" 4,5, (4) Stepping back with right *jun sagari*, execute left *shita uke*.  
"go!" (5) Left *keri age*, immediately returning foot to its original position.  
"roku!" 6,7, (6) Turn head to face the rear. Stepping across with left *yoko kagi ashi*, execute *zen tenkan*.  
"shichi!" (7) Assume *migi taiki gamae*.  
Repeat the pattern from the right side. However, finish with *hidari ichiji gamae* rather than *taiki gamae*.

## ● Ko Manji Ken (Manji No Kata)

Preparation: *Kesshu dachi, chosoku, happo moku*. While drawing the left foot back in *hiki ashi*, execute a wide *uchi otoshi* with closed right fist. Assume *migi gedan gamae*.

- "ichi!" 1,2,3, (1) Stepping in with left *sashi kae ashi*, execute right *soto uke* and simultaneously deliver left *jodan zuki*.  
"ni!"  
"san!" (2) Right *chudan choku zuki. Zenkutsu dachi*.  
(3) Shifting the weight back to the right foot, execute left *shita uke*. Assume *ichiji gamae. Kokutsu dachi*.  
"shi!" 4,5,6, (4) Stepping forward slightly with the left foot, execute left *uchi uke*.  
"go!" (5) Maintaining left hand in *uchi uke* position on right side of the face, deliver right *chudan gyaku zuki*.  
"roku!" (6) Without changing the upper body *kamae*, deliver *gyaku geri* with the right leg and return the foot immediately to its original position.  
"shichi!" 7,8, (7) Assume *kokutsu dachi* and execute left *shita uke*.  
"hachi!" (8) Remaining in *hidari ichiji gamae*, bring down your center of gravity (lower your hips) and execute *migi ken uke*.  
"ku!" 9, (9) Turn head to face right. Stepping out with left *yoko kagi ashi*, execute *migi han tenkan* and *migi uchi otoshi* (closed fist). Assume *migi gedan gamae. Zanshin*.  
*Ko manji ken* is performed in all four directions before finishing. It is also performed with *Ryu 'o Ken* or a *tan'en embu* of one of the *Ryu-kei* techniques inserted on the second and fourth turns.

## ● Ryu No Kata

Do the *tan'en* form of *gyaku gote*.

APPENDIX 2

Contents of  
Shorinji Kempo Grading Examinations

Issued by SHORINJI KEMPO UNITY

## 6th Kyu Examination Contents

### ◎ Philosophy Examination

- Homework assignments to be completed prior to examination
  - (1) Motivation and Goals for the Founding of Shorinji Kempo
  - (2) Key Attitudes for the *Dojo*

### ◎ Technical Examination

#### 1. Techniques I (100 points)

##### (1) Manners (60 points)

These are evaluated throughout the examination, however, verify these with specific commands as necessary.

- a) *Shugo, seiretsu*, how to sit down, how to stand up, *kesshu, gassho rei*
- b) *Chosoku, happo moku*, clothing, attitude, replies, word use

##### (2) *Tai gamae*, shifting (10 points)

*chudan gamae, ichiji gamae, tai gamae, hiraki gamae*

##### (3) *Zen tenkan, han tenkan* (10 points)

##### (4) *Umpo ho* (10 points)

*chidori ashi, kani ashi, juji ashi, kumo ashi*

##### (5) *Ukemi* (10 points)

*mae ukemi, ushiro ukemi, daisharin, oten yori okiagari*

#### 2. Techniques II (100 points)

##### (1) Basic offense techniques (20 points)

*(kaisoku dachi) me uchi, kinteki geri, furiko zuki, keri age*

*(right/left chudan gamae) jun zuki, gyaku zuki, jun geri, gyaku geri*

##### (2) Basic defense techniques (20 points)

*(kaisoku dachi) uwa uke, uchi uke, shita uke, uchi harai uke*

##### (3) Offenses while moving (10 points)

*zenshin zuki (jun, gyaku), zenshin geri (jun, gyaku)*

##### (4) *Do zuki, do geri* (10 points)

Perform before or after *hokei* while the examinee is wearing protective equipment.

*(kaisoku dachi) furiko zuki, keri age*

*(right/left chudan gamae) jun zuki, gyaku zuki, jun geri, gyaku geri*

##### (5) *Tenchi Ken Dai-ikkei* (solo form, left and right) (20 points)

##### (6) *Ryu'o Ken Dai-ikkei* (solo form, left and right) (20 points)

Perform solo form from both left and right sides.

Each side is allocated 10 points.

3. *Hokei* (100 points)

Perform both left and right sides with 10 points each allocated for evaluation.

Use protective equipment (*Do*).

- (1) *Ryusui geri (ushiro, left and right)* (20 points)
- (2) *Uchi uke zuki (ura, left and right)* (20 points)
- (3) *Tenshin geri* (left and right) (20 points)
- (4) *Uwa uke zuki (omote, left and right)* (20 points)
- (5) *Kote nuki* (left and right) (20 points)

## 5th Kyu Examination Contents

### ◎ Philosophy Examination

- Homework assignments to be completed prior to examination

- (1) How to Study the Technical and Philosophical Teachings
- (2) Systems of the Training of Shorinji Kempo

### ◎ Technical Examination

#### 1. Techniques I (100 points)

##### (1) Manners (20 points)

These are evaluated throughout the examination. Confirmed with specific commands as necessary.

- a) *Shugo, seiretsu*, how to sit down, how to stand up, *kesshu, gassho rei*
- b) *Chosoku, happo moku*, clothing, attitude, replies, word use

##### (2) *Tai gamae* (20 points)

*chudan gamae, hasso gamae, ichiji gamae*

##### (3) *Zen tenkan, han tenkan, hiraki sagari, jun sagari* (20 points)

##### (4) *Umpo ho* (20 points)

*chidori ashi, kani ashi, juji ashi, kumo ashi*

##### (5) *Ukemi* (20 points)

*mae ukemi, ushiro ukemi, daisharin, oten yori okiagari*

#### 2. Techniques II (100 points)

##### (1) Basic offense techniques 1 (10 points)

*(kaisoku dachi) me uchi, kinteki geri, furiko zuki, gedan zuki, shuto uchi, keri age, jo chu ni ren zuki*

##### (2) Basic offense techniques 2 (10 points)

(left and right) *jun zuki, gyaku zuki, jun geri, gyaku geri, sashikomi mawashi geri*

##### (3) Basic defense techniques (10 points)

*(kaisoku dachi) uwa uke, uchi uke, shita uke, uchi harai uke*

##### (4) Offense while moving (10 points)

*zenshin zuki (jun, gyaku), zenshin geri (jun, gyaku), hiraki sagari and jun geri*

##### (5) *Do zuki, do geri* (10 points)

Perform before or after *hokei* while the examinee is wearing protective equipment

*(kaisoku dachi) furiko zuki, keri age*

(left and right) *jun zuki, gyaku zuki, jun geri, gyaku geri*

##### (6) *Tenchi Ken Dai-ikkei* (solo form, left and right) (20 points)

Perform from both the left and right sides. Each side is allocated 10 points.

##### (7) *Ryu'o Ken Dai-ikkei* (solo form, left and right) (20 points)

Perform from both the left and right sides. Each side is allocated 10 points

##### (8) *Giwa Ken Dai-ikkei* (solo form) (10 points)

3. *Hokei* (100 points)

Perform from both the left and right sides for overall evaluation. Use protective equipment (*Do*).

- (1) *Tenchi Ken Dai-ikkei* (paired form, left and right) (10 points)
- (2) *Ryu'o Ken Dai-ikkei* (paired form, left and right) (10 points)
- (3) *Ryusui geri* (*mae*, left and right) (10 points)
- (4) *Uwa uke zuki* (*ura*, left and right) (10 points)
- (5) *Uwa uke geri* (*omote* and *ura*, left and right) (10 points)
- (6) *Shita uke geri* (left and right) (10 points)
- (7) *Shita uke jun geri* (left and right) (10 points)
- (8) *Katate yori nuki* (left and right) (10 points)
- (9) *Maki nuki* (*katate*) (left and right) (10 points)
- (10) *Gyaku gote* continued to *mae yubi gatame* (left and right) (10 points)

## 4th Kyu Examination Contents

### ◎ Philosophy Examination

- Homework assignments to be completed prior to examination

- (1) What is True Strength?
- (2) Key Attitudes Toward Training

### ◎ Technical Examination

#### 1. Techniques I (100 points)

##### (1) Manners (20 points)

These are evaluated throughout the examination. Confirmed with specific commands as necessary.

- a) *Shugo, seiretsu*, how to sit down, how to stand up, *kesshu, gassho rei*
- b) *Chosoku, happo moku*, clothing, attitude, word use

##### (2) *Tai gamae* (20 points)

*chudan gamae, hasso gamae, ichiji gamae*

##### (3) *Zen tenkan, han tenkan, hiraki sagari, jun sagari* (20 points)

##### (4) *Umpo ho* (20 points)

*chidori ashi, kani ashi, juji ashi, kumo ashi*

##### (5) *Ukemi* (20 points)

*mae ukemi, ushiro ukemi, daisharin, oten yori okiagari*

#### 2. Technique II (100 points)

##### (1) Basic offense techniques 1 (10 points)

*(kaisoku dachi) me uchi, kinteki geri, furiko zuki, gedan zuki, shuto uchi, keri age, jo chu ni ren zuki*

##### (2) Basic offense techniques 2 (10 points)

(left and right) *jun zuki, gyaku zuki, jun geri, gyaku geri, sashikomi mawashi geri, sashikae sokuto geri*

##### (3) Basic defense techniques (10 points)

*(kaisoku dachi) uwa uke, uchi uke, shita uke, soto uke, uchi age uke, uchi harai uke*

##### (4) Offense while moving (10 points)

*zenshin zuki (jun, gyaku), zenshin geri (jun, gyaku), hiraki sagari and jun geri*

##### (5) Offense and defense while moving (paired forms) (10 points)

*chudan zuki and shita uke, jo chu ni ren zuki and ren uke*

##### (6) *Tenchi Ken Dai-ikkei, Dai-nikei* (solo form, left and right) (10 points)

##### (7) *Tenchi Ken Dai-ikkei* (paired form, left and right) (10 points)

##### (8) *Ryu'o Ken Dai-ikkei* (solo form, left and right) (10 points)

(9) *Ryu' o Ken Dai-ikkei* (paired form, left and right) (10 points)

(10) *Giwa Ken Dai-ikkei* (solo form) (10 points)

### 3. Hokei (100 points)

Perform both left and right sides for overall evaluation.

Use protective equipment (*Do*).

(1) *Soto uke zuki* (*ura* and *omote*, left and right) (10 points)

(2) *Soto uke geri* (*ura* and *omote*, left and right) (10 points)

(3) *Uchi age zuki* (*ura* and *omote*, left and right) (10 points)

(4) *Uchi age geri* (*ura* and *omote*, left and right) (10 points)

(5) *Tsuki nuki* (*soto*, left and right) (10 points)

(6) *Tsuki nuki* (*uchi*, left and right) (10 points)

(7) *Kiri nuki* (*soto*, left and right) (10 points)

(8) *Kiri nuki* (*uchi*, left and right) (10 points)

(9) *Katate okuri gote*, continued to *okuri gatame* (left and right) (10 points)

(10) *Okuri maki tembin* (left and right) (10 points)

## 3rd Kyu Examination Contents

### ◎ Philosophy Examination

- Homework assignments to be completed prior to the examination
- (1) Shorinji Kempo is a Discipline that Develops Individuals
- (2) Distinguishing characteristics of Shorinji Kempo (*Ken Zen Ichinyo, Riki Ai Funi*)
- (3) The Five Elements of *Atemi*
- (4) Kinds of *Kihon* in Shorinji Kempo

### ◎ Technical Examination

#### 1. Basic techniques (100 points)

- (1) *Tai gamae, tai sabaki, umpo ho* (10 points)  
*chudan gamae, hasso gamae, ichiji gamae*  
*zen tenkan, han tenkan, jun sagari, hiraki sagari*  
*chidori ashi, kani ashi, juji ashi, kumo ashi*
- (2) *Ukemi* (10 points)  
*mae ukemi, ushiro ukemi, daisharin, oten yori okiagari*
- (3) Basic offense techniques (10 points)  
*(kaisoku dachi) furiko zuki, shuto uchi, kumade zuki, keru age*  
*(left and right stances) jo chu ni ren zuki, jo chu mawashi geri,*  
*sashikomi mawashi geri, sashikae sokuto geri*
- (4) Basic defense techniques (10 points)  
*Kaisoku dachi*, include counter responses denoted in ( ).  
*uwa uke (tsuki), uchi uke (tsuki), shita uke (keri), soto uke (tsuki),*  
*uchi age uke (keri), uchi harai uke (keri)*
- (5) Offense while moving (10 points)  
*zenshin zuki (jun, gyaku), zenshin geri (jun, gyaku), hiraki sagari and jun geri*
- (6) *Tan'en kihon hokei* (40 points)  
*Tenchi Ken Dai-ikkei* through *Dai-yonkei* (left and right),  
*Ryu'o Ken Dai-ikkei* (left and right), *Giwa Ken Dai-nikei*
- (7) *Tan'en kihon hokei* (paired form) (10 points)  
*Tenchi Ken Dai-ikkei, Giwa Ken Dai-ikkei*

## 2. Selected techniques (100 points)

Five *goho* techniques (50 points) and five *juho* techniques (50 points) will be chosen out of all techniques up to 3rd Kyu. At least 3 techniques of both *goho* and *juho* are to be from the 3rd Kyu curriculum.

*Embu* techniques in the Section 3 below can be included.

Perform both left and right sides for overall evaluation.

## 3. Paired *embu* (100 points)

One examinee defends for (1), (3), (5) and the other defends for (2), (4), (6).

Follow the examiner's instruction on which side to perform.

- (1) *Tenchi Ken Dai-ikkei* (paired form)
- (2) *Ryusui geri (ushiro)*
- (3) *Ryote yori nuki*
- (4) *Ryu'o Ken Dai-ikkei* (paired form)
- (5) *Uwa uke zuki (omote)*
- (6) *Gyaku gote* continued to *mae yubi gatame*

## 4. *Un'yoho* (Application) (100 points)

Use protective equipment. Designate offender and defender. Evaluation is whether proper defenses and counterattacks are performed against the attacks.

Mandatory up to age 49. Optional for age 50 and above.

- (1) *Goho un'yoho* (50 points)
  - Offense: Single *choku zuki* to *jodan* and *chudan*
  - Defense: Any counterattack
- (2) *Juho un'yoho* (50 points)
  - Offense: Attack with grabs to one wrist (*katate*)
  - Defense: Defend and counterattack with *Ryu'o Ken* and *Ryuka Ken*

## 2nd Kyu Examination Contents

### ◎ Philosophy Examination

- Homework assignments to be completed prior to the examination

- (1) Distinguishing characteristics of Shorinji Kempo (*Shushu Koju, Fusatsu katsujin*)
- (2) On *Chinkon* Practice
- (3) On mind, *Ki*, and Strength
- (4) History and Foundation of Shorinji Kempo

### ◎ Technical Examination

#### 1. Basic techniques (100 points)

- (1) *Tai gamae, tai sabaki, umpo ho* (10 points)

*chudan gamae, hasso gamae, ichiji gamae,  
zen tenkan, han tenkan, jun sagari, hiraki sagari,  
chidori ashi, kani ashi, juji ashi, kumo ashi*

- (2) *Ukemi* (10 points)

*mae ukemi, ushiro ukemi, daisharin, oten yori okiagari*

- (3) Basic offense techniques (10 points)

*(kaisoku dachi) furiko zuki, shuto uchi, kumade zuki, keru age  
(left and right stances) jo chu ni ren zuki, jo chu mawashi geri, ren geri,  
sashikae sokuto geri*

- (4) Basic defense techniques (10 points)

From *kaisoku dachi*, include counter responses denoted in ( ).

*uwa uke (tsuki), uchi uke (tsuki), shita uke (keru), soto uke (tsuki),  
uchi age uke (keru), uchi harai uke (keru)*

- (5) Offenses and defenses while moving (10 points)

*zenshin zuki (jun, gyaku), zenshin geri (jun, gyaku), hiraki sagari and  
jun geri, chudan zuki and shita uke,  
jo chu ni ren zuki and ren uke (paired form)*

- (6) *Tan'en kihon hokei* (20 points)

*Tenchi Ken Dai-ikkei* through *Dai-yonkei* (left and right),  
*Ryu'o Ken Dai-ikkei* (left and right), *Giwa Ken Dai-ikkei* and *Dai-nikei*

- (7) *Tan'en kihon hokei* (Paired form) (30 points)

*Tenchi Ken Dai-nikei, Giwa Ken Dai-ikkei, Ryu'o Ken Dai-ikkei*

2. Selected techniques (100 points)

Five *goho* techniques (50 points) and five *juho* techniques (50 points) will be chosen out of all techniques up through 2nd Kyu. At least 3 techniques are to be from the 2nd Kyu curriculum. *Embu* techniques in Section 3 below can be included.

Perform both left and right sides for overall evaluation.

3. Paired *embu* (100 points)

One examinee defends for (1), (3), (5) and the other defends for (2), (4), (6). Follow the examiner's instruction on which side to perform.

(1) *Tsuki ten ichi, ren han ko*

(2) *Han tenshin geri, ren han ko*

(3) *Katate okuri gote, okuri yoko tembin, ura gatame*

(4) *Kiri gote (katate)*

(5) *Tenchi Ken Dai-nikei* (paired form)

(6) *Johaku dori (ryote)*

4. *Un'yoho* (Application) (100 points)

Use protective equipment. Offender and defender will be designated. Evaluation is on whether proper defenses and counterattacks are done against the attacks.

Mandatory up to age 49. Optional for age 50 and above.

(1) *Goho un'yoho* (50 points)

Offense: Single or double (*ni ren*) attacks using punches and kicks to *jodan* and *chudan*.

Defense: Any counterattack

(2) *Juho un'yoho* (50 points)

Offense: Attack with grabs to the wrist(s) and upper arm(s) (*katate, ryote*).

Defense: Defend and counterattack with *Ryu'o Ken*, *Ryuka Ken*, and *Rakan Ken*.

## 1st Kyu Examination Contents

### ◎ Philosophy Examination

- Homework assignments to be completed prior to examination

- (1) Distinguishing characteristics of Shorinji Kempo (*Go Ju Ittai, Kumite Shutai*)
- (2) The Three Teachings of *Ken* (*Shu, Ha, Ri*)
- (3) *Kisei* and *Kiai*
- (4) Shorinji Kempo Related Organizations

### ◎ Techniques Examination

#### 1. Basic items (100 points)

- (1) *Tai gamae, tai sabaki, umpo ho* (10 points)  
*chudan gamae, hasso gamae, ichiji gamae*  
*zen tenkan, han tenkan, jun sagari, hiraki sagari*  
*chidori ashi, kani ashi, juji ashi, kumo ashi*
- (2) *Ukemi* (10 points)  
*mae ukemi, ushiro ukemi, daisharin, oten yori okiagari*
- (3) Basic offense techniques (10 points)  
*(kaisoku dachi) furiko zuki, shuto uchi, kumade zuki, keru age*  
(left and right) *jo chu ni ren zuki, jo chu mawashi geri,*  
*ren geri, sashikae sokuto geri*
- (4) Basic defense techniques (10 points)  
From *kaisoku dachi*, include counter responses denoted in ( ).  
*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 (10 points)  
*zenshin tsuki keru (jo chu ni ren zuki, jo chu mawashi geri),*  
*hiraki sagari and ren uke*
- (6) *Tan'en kihon hokei* (30 points)  
*Tenchi Ken Dai-ikkei* through *Dai-rokkei* (left and right),  
*Giwa Ken Dai-ikkei* and *Dai-nikei, Byakuren Ken Dai-ikkei*
- (7) *Tan'en kihon hokei* (paired form) (20 points)  
*Tenchi Ken Dai-nikei, Giwa Ken Dai-ikkei*

#### 2. Selected techniques (100 points)

Five *goho* techniques (50 points) and five *juho* techniques (50 points) will be chosen out of all techniques up to 1st Kyu. At least 3 techniques are chosen from the 1st Kyu curriculum. *Embu* techniques in Section 3 below can be included. Perform both left and right sides for overall evaluation.

3. Paired *Embu* (100 points)

One examinee defends for (1), (3), (5) and the other defends for (2), (4), (6).

Follow the examiner's instruction on which side to perform.

- (1) *Tsubame gaeshi, ren han ko*
- (2) *Soto oshi uke zuki, ren han ko*
- (3) *Eri juji*
- (4) *Sode maki*
- (5) *Tsuki ten san, ren han ko*
- (6) *Maki gote (morote), continued to tembin gatame (ura)*

4. *Un'yoho* (Application) (100 points)

Use protective equipment. Offender and defender will be designated. Evaluation is on whether proper defenses and counterattacks are done against the attacks.

Mandatory up to age 49. Optional for age 50 and above.

(1) *Goho un'yoho* (50 points)

Offense: Single or double (*ni ren*) attacks using *tsuki* and *keri* to *jodan* and *chudan*.

Defense: Any counterattack

(2) *Juho un'yoho* (50 points)

Offense: Attack with grabs to wrist(s), upper arm(s), upper sleeve (*katate*), and collar (*katate*)

Defense: Defend and counterattack *Ryu'o Ken*, *Ryuka Ken*, and *Rakan Ken*

## 1st Dan Examination Contents

### ◎ Philosophy Examination

#### 1. Homework assignments to be completed prior to examination

- (1) What is true Strength?
- (2) Your motives for starting Shorinji Kempo and your present state of mind

#### 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"

### ◎ Techniques examination

#### 1. Basic techniques (100 points)

- (1) *Tai gamae, tai sabaki, umpo ho* (10 points)  
*chudan gamae, hasso gamae, ichiji gamae*  
*zen tenkan, han tenkan, jun sagari, hiraki sagari*  
*chidori ashi, kani ashi, juji ashi, kumo ashi*
- (2) *Ukemi* (10 points)  
*mae ukemi, ushiro ukemi, daisharin, oten yori okiagari*
- (3) Basic offense techniques (10 points)  
*(kaisoku dachi) furiko zuki, shuto uchi, kumade zuki, keru age*  
*(left and right stances) jo chu ni ren zuki, jo chu mawashi geri, ren geri,*  
*sashikae sokuto geri*
- (4) Basic defense techniques (10 points)  
From *kaisoku dachi*, include counter responses denoted in ( ).  
*uwa uke (tsuki), uchi uke (tsuki), shita uke (keru), soto uke (tsuki),*  
*uchi age uke (keru), uchi harai uke (keru)*
- (5) Offenses and defenses while moving (10 points)  
*zenshin tsuki keru (jo chu ni ren zuki, jo chu mawashi geri),*  
*hiraki sagari and ren uke*
- (6) *Tan'en kihon hokei* (20 points)  
*Tenchi Ken Dai-ikkei* through *Dai-rokkei* (left and right),  
*Ryu'o Ken Dai-ikkei* (left and right), *Giwa Ken Dai-ikkei* and *Dai-nikei*,  
*Byakuren Ken Dai-ikkei*
- (7) *Tan'en kihon hokei* (paired form) (30 points)  
*Tenchi Ken Dai-ikkei* and *Dai-nikei*, *Giwa Ken Dai-ikkei*, *Ryu'o Ken Dai-ikkei*

2. Selected techniques (100 points)

Five *goho* techniques (50 points) and five *juho* techniques (50 points) will be chosen out of all techniques up through 1st Dan. Embu techniques in the Section 3 below can be included.

Perform both left and right sides for overall evaluation.

3. Paired Embu (100 points)

One examinee defends for (1), (3), (5) and the other defends for (2), (4), (6). Follow the examiner's instruction on which side to perform.

(1) *Harai uke geri* and *tsuki ten san*

Defender performs *harai uke geri* and then deliver *jo chu jo san ren zuki*.

(2) *Gyaku geri hiza uke nami gaeshi* and *tsuki ten ichi*

Defender performs *gyaku geri hiza uke nami gaeshi* and then delivers *jo chu ni ren zuki*.

(3) *Morote kiri gote*

Offense: *ude ushiro neji age*

(4) *Morote oshi nuki*

Offense: *gyaku tembin*

(5) *Chidori gaeshi kari ashi*

(6) *Kote maki gaeshi* continued to *kannuki gatame*

4. *Un'yoho* (Application) (100 points)

Use protective equipment. Offender and defender will be designated. Evaluation is on whether proper defenses and counterattacks are done against the attacks.

Mandatory up to age 49. Optional for age 50 and above.

(1) *Goho un'yoho* (50 points)

Offense: *Tsuki* and *keri* to *jodan* and *chudan*

Defense: Any counterattack

(2) *Juho un'yoho* (50 points)

Offense: Attack with grabs to the wrist(s) (*katate*, *ryote*, *morote*), upper arm(s), upper sleeve (*katate*), and collar (*katate*)

Defense: Defend and counterattack with *Ryu'o Ken*, *Ryuka Ken*, and *Rakan Ken*.

[Supervised Essay Examination and Homework Assignments]

Rank	Philosophy (Gakka) Topics		Homework Assignments	
6th Kyu	1	Motivation and Goals for the Founding of Shorinji Kempo	1	Motivation and Goals for the Founding of Shorinji Kempo
	2	Key Attitudes for the <i>Dojo</i>	2	Key Attitudes for the <i>Dojo</i>
5th Kyu	1	How to Study the Technical and Philosophical Teachings	1	How to Study the Technical and Philosophical Teachings
	2	Systems of the Training ( <i>Kihon, Hokei, Randori, Embu</i> )	2	Systems of the Training ( <i>Kihon, Hokei, Randori, Embu</i> )
4th Kyu	1	What is True Strength?	1	What is True Strength?
	2	Key Attitudes Toward Training	2	Key Attitudes Toward Training
3rd Kyu	1	Shorinji Kempo is a Discipline that Develops Individuals	1	Shorinji Kempo is a Discipline that Develops individuals
	2	Distinguishing Characteristics of Shorinji Kempo: <i>Ken Zen Ichinyo, Riki Ai Funi</i>	2	Distinguishing Characteristics of Shorinji Kempo: " <i>Ken Zen Ichinyo, Riki Ai Funi</i> "
	3	The Five Elements of <i>Atemi</i>	3	The Five Elements of <i>Atemi</i>
	4	Kinds of <i>Kihon</i> in Shorinji Kempo	4	Kinds of <i>Kihon</i> in Shorinji Kempo
2nd Kyu	1	Distinguishing Characteristics of Shorinji Kempo " <i>Shushu Koju, Fusatsu Katsujin</i> "	1	Distinguishing Characteristics of Shorinji Kempo " <i>Shushu Koju, Fusatsu Katsujin</i> "
	2	On <i>Chinkon</i> Practice	2	On <i>Chinkon</i> Practice
	3	Technical Classifications of Shorinji Kempo	3	On Mind, <i>Ki</i> , and Strength
	4	Ma'ai and Opportunity for Offense and Defense	4	History and Founding of Shorinji Kempo
	5	On Mind, <i>Ki</i> , and Strength	/	
	6	History and Founding of Shorinji Kempo		
1st Kyu	1	Distinguishing Characteristics of Shorinji Kempo " <i>Go Ju Ittai, Kumite Shutai</i> "	1	Distinguishing Characteristics of Shorinji Kempo " <i>Go Ju Ittai, Kumite Shutai</i> "
	2	Three Teachings of Ken ( <i>Shu, Ha, Ri</i> )	2	Three Teachings of Ken ( <i>Shu, Ha, Ri</i> )
	3	On <i>Kisei</i> and <i>Kiai</i>	3	On <i>Kisei</i> and <i>Kiai</i>
	4	Shorinji Kempo Related Organizations	4	Shorinji Kempo Related Organizations
1st Dan	1	Meditation/ <i>Seiku</i> , Oath/ <i>Seigan</i> , Creed/ <i>Shinjo</i>	1	What is True Strength?
	2	The Ranking Systems of Shorinji Kempo	2	Your motives in starting Shorinji Kempo and your present state of mind
	3	Types of Principle	/	
	4	On <i>Sen</i> (Initiative)		
	5	Shorinji Kempo Symbols and Activities		

[Summary of Examination Prerequisites]

Rank	Examination Prerequisites
6th Kyu	From when membership is accepted, 16 days or more of practice over at least a 2 months period, and the completion of the entire 6th Kyu curriculum.
5th Kyu	From passing of the 6th Kyu examination, 16 days or more of practice over at least a 2 months period, and the completion of the entire 5th Kyu curriculum.
4th Kyu	From passing of the 5th Kyu examination, 16 days or more of practice over at least a 2 months period, and the completion of the entire 4th Kyu curriculum.
3rd Kyu	From passing of the 4th Kyu examination, 24 days or more of practice over at least a 3 months period, and the completion of the entire 3rd Kyu curriculum.
2nd Kyu	From passing of the 3rd Kyu examination, 24 days or more of practice over at least a 3 months period, and the completion of the entire 2nd Kyu curriculum.
1st Kyu	From passing of the 2nd Kyu examination, 24 days or more of practice over at least a 3 months period, and the completion of the entire 1st Kyu curriculum.
1st Dan	From passing of the 1st Kyu examination, 24 days or more of practice over at least a 3 months period, and the completion of the entire 1st Dan curriculum.

### Kyu Examinations

1. The examinee is required to have fulfilled the examination prerequisites.
2. The Examination prerequisites are the minimum requirements. Even if the time duration has been met, the examination may only be taken with the approval of the examinee's branch master or coach.
3. Homework assignments are to be submitted to the examinee's branch master.

### Dan Examinations

1. The examinee is required to have fulfilled the examination prerequisites.
2. The Examination prerequisites are the minimum requirements. Even if the time duration has been met, the examination may only be taken with the approval of the examinee's branch master or coach.
3. Homework assignments are to be submitted to the examinee's branch master.

### Compulsory Paired Embu for Kyu and Dan Examinations

One examinee defends for (1), (3), (5) and the other defends for (2), (4), (6). Follow the examiner's instruction on which side to perform.

#### 3rd Kyu Examination

- (1) *Tenchi Ken Dai-ikkei* (paired form)
- (2) *Ryusui geri (ushiro)*
- (3) *Ryote yori nuki*
- (4) *Ryu'o Ken Dai-ikkei* (paired form)
- (5) *Uwa uke zuki (omote)*
- (6) *Gyaku gote* continued to *mae yubi gatame*

#### 2nd Kyu Examination

- (1) *Tsuki ten ichi, ren han ko*
- (2) *Han tenshin geri, ren han ko*
- (3) *Katate okuri gote*, continued to *okuri yoko tembin*, continued to *ura gatame*
- (4) *Kiri gote (katate)*
- (5) *Tenchi Ken Dai-nikei* (paired form)
- (6) *Johaku dori (ryote)*

#### 1st Kyu Examination

- (1) *Tsubame gaeshi, ren han ko*
- (2) *Soto oshi uke zuki, ren han ko*
- (3) *Eri juji*
- (4) *Sode maki*
- (5) *Tsuki ten san, ren han ko*
- (6) *Maki gote (morote)* continued to *tembin gatame (ura)*

### 1st Dan Examination

(1) *Harai uke geri* and *tsuki ten san*

Defense: *Harai uke geri* and then deliver *jo chu jo san ren zuki*

(2) *Gyaku geri hiza uke nami gaeshi* and *tsuki ten ichi*

Defense: *gyaku geri hiza uke nami gaeshi* and then deliver *jo chu ni ren zuki*

(3) *Morote kiri gote*

Offense: *ude ushiro neji age*

(4) *Morote oshi nuki*

Offense: *gyaku tembin*

(5) *Chidori gaeshi, kari ashi*

(6) *Kote maki gaeshi*, continued to *kannuki gatame*

Shorinji Kempo Curriculum for Kyu Kenshi

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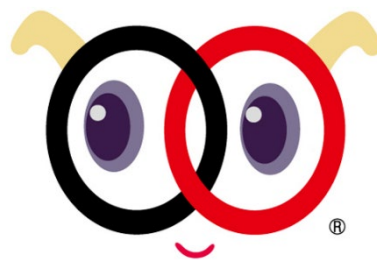
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