



SHORINJI KEMPO

Shorinji Kempo Curriculum for Yudansha (Advanced 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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2nd Dan

Objectives

◎ Philosophy

Study the Three Elements of *Ken* and review all the philosophical teachings presented so far.

In addition, study the lectures by Kaiso and current events to broaden your view of the world.

1. The Three Elements of *Ken* (*Gi, Jutsu, Ryaku*)
 2. Motivation and Goals for the Founding of Shorinji Kempo *
 3. Key Attitudes for the *Dojo* *
 4. Key Attitudes toward Training *
 5. Kinds of Kihon in Shorinji Kempo *
 6. The Five Elements of *Atemi* *
 7. The History and Founding of Shorinji Kempo *
 8. Shorinji Kempo is a discipline (*Gyo*) that Develop Individuals *
 9. Studying the Technique and Philosophy of Shorinji Kempo *
 10. Systems of Training in Shorinji Kempo *
 11. *Ma'ai* and Opportunity for Offense and Defense *
 12. Mind, *Ki*, and Strength*
 13. Shorinji Kempo Related Organizations *
 14. What is True Strength? *
 15. On *Chinkon* Practice *
 16. Meditation (*Seiku*), Oath (*Seigan*), and Creed (*Shinjo*) *
 17. The Three Teachings of *Ken* (*Shu, Ha, Ri*) *
 18. The Key Principles of Shorinji Kempo Techniques *
 19. On *Sen**
 20. The Six Distinguishing Characteristics of Shorinji Kempo *
 21. The Ranking Systems of Shorinji Kempo *
 22. Technical Characteristics of Shorinji Kempo *
 23. *Kisei* and *Kiai* *
 24. Shorinji Kempo Symbols and Activities *
- Quotations from Kaiso
 - Lecture / Current Events / Research

Subjects with “*” are reviews

◎ Techniques

On *goho*, focus on practicing continuous/uninterrupted attacks and defenses (*ren ko bo* and *dan kobo*). On *juho*, focus on practicing different applications of each *hokei* technique.

[*Tan'en Kihon Hokei*]

Ko Manji Ken (*Manji no kata*)

[*Basic Hokei*]

Nio Ken: *kaishin zuki, hangetsu geri*

Ten'o Ken: *gyaku ten ichi, tai ten ichi*

Byakuren Ken: *harai uke dan zuki*

Chio Ken: *jun geri chi ichi, gyaku geri chi ichi, harai uke chi ni, jun geri chi san, gyaku geri chi san*

Kakuritsu Ken: *sokuto geri hiki ashi nami gaeshi, mawashi geri sambo uke nami gaeshi, dan geri sambo uke dan geri gaeshi*

Ryu'o Ken: *uchi nuki (katate, ryote)*

Ryuka Ken: *morote gyaku gote, gyaku te nage, shita uke geri kote nage, ryu nage, soto maki tembin, morote okuri gote, tsuri otoshi, okuri hiji zeme, nuki uchi oshi gote, kiri kaeshi maki tembin, kiri kaeshi tembin*

Goka Ken: *uwa uke nage, uwa uke gyaku te nage, hiki tembin, gyaku hiki tembin*

Kongo Ken: *okuri tembin dori (2 patterns), tate ichiji gatame, sekoshi ichiji gatame, tsuri age dori, tsuri age ura gatame, kumo garami, ura gassho gatame, ura hiza gatame, ryu gatame*

Rakan Ken: *hiki muna otoshi, ryo muna otoshi, maki otoshi, soto maki otoshi*

2nd Dan Curriculum

Week	Basic Practice / Review	Kihon Hokei	Shifting / Stance	Offense/ Defense/ Katame / Atemi	Kyohan Page	Check
1	- <i>Ko Manji Ken (manji no kata)</i> - <i>ren ko bo (ni ren, san ren)</i> - <i>Tenchi Ken Dai-ikkei</i> through <i>Dai-rokkei</i> (solo form) - <i>uchi uke zuki, uchi uke geri</i>	<i>kaishin zuki</i> (ura, omote) <i>ren han ko</i> < <i>Nio Ken</i> > <i>randori</i> <i>embu</i> review	<i>tai gamae,</i> <i>hiraki gamae</i> (O) <i>chudan gamae</i> (D) <i>midare gamae</i>	<i>jodan gyaku zuki</i> <i>kaishin, hangetsu uke</i>	176	
2	- <i>Giwa ken Dai-ikkei</i> and <i>Dai-nikei</i> (solo form) - offenses and defenses while moving (<i>ren ko bo</i>) - <i>keri kogeki, tai sabaki</i> (<i>yoko, han, gyaku tenshin</i>) - <i>soto uke zuki, soto uke geri</i>	<i>hangetsu geri</i> <i>ren han ko</i> < <i>Nio Ken</i> > <i>randori</i> <i>embu</i> review	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>midare gamae</i>	<i>jodan gyaku zuki</i> <i>kaishin, hangetsu uke</i>	177	
3	- various types of basic offenses and defenses - <i>kote nuki, gyaku gote</i> - various types of <i>ukemi</i> - <i>tsuki nuki (soto, uchi)</i>	<i>gyaku te nage</i> < <i>Ryuka Ken</i> > <i>randori</i> <i>embu</i> review	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>	<i>gyaku gote</i> attempted and changed, <i>ura gatame</i> or <i>tembin gatame (ura)</i>	242	
4	- <i>Ryu'o Ken Dai-ikkei</i> (solo form, paired form) - <i>Tenchi Ken Dai-ikkei</i> (solo form, paired form) - <i>Tenchi Ken Dai-nikei</i> (solo form, paired form)	<i>ryu nage</i> < <i>Ryuka Ken</i> > <i>randori</i> <i>embu</i> review	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>	<i>gyaku gote</i> attempted and changed, <i>ryu gatame</i>	244 292	
5	- escape and reverse techniques when grabbed by the wrist	<i>soto maki tembin</i> < <i>Ryuka Ken</i> > <i>randori</i> <i>embu</i> review	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>	<i>gyaku gote</i> attempted and changed	245	
6	- <i>Giwa Ken Dai-ikkei</i> (paired form) - <i>ryote yori nuki maki nuki</i> (<i>ryote</i>) - <i>hiji nuki, mae tembin</i>	<i>uchi nuki</i> (<i>katate, ryote</i>) < <i>Ryu'o Ken</i> > <i>randori</i> <i>embu</i> review	<i>hiraki gamae,</i> <i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>		228	
7	- <i>Byakuren Ken Dai-ikkei</i> (solo form) - <i>shita uke geri, shita uke jun geri, gyaku tenshin geri</i> - <i>ukemi</i> (when thrown) - <i>tobikomi geri, tobi ren geri</i> - <i>ren geri, dan geri</i>	<i>shita uke geri</i> <i>kote nage</i> < <i>Ryuka Ken</i> > <i>randori</i> <i>embu</i> review	<i>tai gamae</i> (O) <i>ichiji gamae</i> (D) <i>hasso gamae</i>	<i>chudan gyaku zuki,</i> <i>ura gatame</i> or <i>tembin gatame (ura)</i>	243	

2nd Dan Curriculum

Week	Basic Practice / Review	Kihon Hokei	Shifting / Stance	Offense/ Defense/ Katame / Atemi	Kyohan Page	Check
8	- <i>tsuki ten ichi, keri ten san</i> - <i>ren zuki, ren geri</i> - <i>sokuto geri, ushiro geri</i> - <i>ren uke, dan uke, sambo uke</i>	<i>tai ten ichi</i> <i>ren han ko</i> <Ten'o Ken>	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>ichiji gamae</i>	<i>jo chu ni ren zuki</i> <i>uwa uke and shita uke, doji geri</i>	191	
		<i>randori</i> <i>embu</i> review				
9	- Defense against combination attacks - <i>kon ten ichi</i> - <i>tsuki ten ni, furi ten ni</i>	<i>gyaku ten ichi</i> <i>ren han ko</i> <Ten'o Ken>	<i>hiraki gamae</i> (O) <i>chudan gamae</i> (D) <i>ichiji gamae</i>	<i>ren attack with jodan gyaku zuki and chudan jun zuki</i> <i>uchi uke and uchi harai uke, doji geri</i>	187	
		<i>randori</i> <i>embu</i> review				
10	- various types of <i>tai sabaki</i> - various types of <i>umpo ho</i>	<i>hiki tembin</i> <Goka Ken>	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>	<i>shikake waza</i>	277	
		<i>randori</i> <i>embu</i> review				
11	- <i>juji nuki, juji gote</i> - <i>kiri nuki (soto, uchi)</i> - <i>gassho nuki</i>	<i>gyaku hiki</i> <i>tembin</i> <Goka Ken>	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>	Resist with arm extended	278	
		<i>randori</i> <i>embu</i> review				
12	- <i>kiri kaeshi nuki, kiri gote</i> - <i>ryaku juji gote, maki juji gote</i>	<i>kiri kaeshi</i> <i>tembin</i> <Ryuka Ken>	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>gedan gamae</i>	<i>kiri gote attempted and changed</i>	259	
		<i>randori</i> <i>embu</i> review				
13	- <i>sankaku nuki</i> - <i>morote juji nuki, morote juji gote</i>	<i>kiri kaeshi maki</i> <i>tembin</i> <Ryuka Ken>	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>gedan gamae</i>	<i>kiri gote attempted and changed</i>	259	
		<i>randori</i> <i>embu</i> review				
14	- <i>uwa uke zuki, uwa uke geri</i>	<i>uwa uke nage</i> <Goka Ken>	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>ichiji gamae</i>	<i>sashikae ashi, ura ken</i> <i>uchi komi</i> <i>uwa uke, kannuki gatame</i>	268	
		<i>randori</i> <i>embu</i> review				
15	- <i>soto oshi uke zuki, soto oshi uke geri</i> - <i>uchi oshi uke zuki, uchi oshi uke geri</i>	<i>uwa uke gyaku</i> <i>te nage</i> <Goka Ken>	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>ichiji gamae</i>	<i>ura ken uchi komi</i> <i>uwa uke, kannuki gatame</i>	269	
		<i>randori</i> <i>embu</i> review				

2nd Dan Curriculum

Week	Basic Practice / Review	Kihon Hokei	Shifting / Stance	Offense/ Defense/ Katame / Atemi	Kyohan Page	Check
16	- <i>morote wa nuki, morote tsuki nuki</i> - offense with <i>are tsuki</i> and defense against - <i>shuto uchi, ura ken uchi, ura ken zuki</i>	<i>morote gyaku gote</i> <Ryuka Ken>	<i>hiraki gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>	Pull or pull over the shoulder <i>tate ichiji gatame, sekoshi ichiji gatame, kumo garami</i>	241	
		<i>randori embu</i> review				
17	- <i>morote maki nuki</i> - Study <i>hiji ate, hiza geri</i>	<i>morote okuri gote, baku ho (1)</i> <Ryuka Ken>	<i>hiraki gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>	<i>ippon se nage</i> <i>tsuriage ura gatame, ura hiza gatame</i>	247 290 292	
		<i>randori embu</i> review				
18	- <i>ude juji gatame, tate gassho gatame</i>	<i>ude juji gatame</i> continued to <i>ura gassho gatame</i> <Kongo Ken>	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>		291	
		<i>randori embu</i> review				
19	- <i>yori nuki, maki nuki</i> - Study <i>jodan ko bo</i>	<i>okuri tembin dori (2 types)</i> <Kongo Ken>	(O) (D)	<i>shikake</i> and <i>okuri gote</i> attempted and changed	286	
		<i>randori embu</i> review				
20	- <i>okuri gote, okuri yoko tembin, okuri maki tembin</i> - <i>ryote okuri gote</i> - Study <i>chudan ko bo</i>	<i>okuri hiji zeme</i> <Ryuka Ken>	<i>hiraki gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>	Bend elbow and resist <i>okuri gote</i> attempted and changed	249	
		<i>randori embu</i> review				
21	- <i>uchi age zuki, uchi age geri</i> - Study <i>ren ko bo</i>	<i>tsuri otoshi</i> <Ryuka Ken>	<i>hiraki gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>	Escape by turning backward <i>okuri gote</i> attempted and changed	249	
		<i>randori embu</i> review				
22	- <i>okuri dori</i> - Study <i>dan ko bo</i>	<i>tsuri age dori</i> <Kongo Ken>	(O) (D)	<i>shikake</i> technique	290	
		<i>randori embu</i> review				

2nd Dan Curriculum

Week	Basic Practice / Review	Kihon Hokei	Shifting / Stance	Offense/ Defense/ Katame / Atemi	Kyohan Page	Check
23	- kata muna otoshi, eri juji - Study defense against seoi nage and ashi barai	hiki muna otoshi <Rakan Ken>	(O) (D)	Pull upper sleeve	302	
	- johaku nuki, johaku dori, oshi kiri nuki	randori embu review				
24	- Escape or reverse techniques when grabbed by collar or sleeve	ryo muna otoshi <Rakan Ken>	(O) (D)	Pull both collars, head-butt or push collars	302	
	- sode nuki, sode dori, sode maki - sode maki tembin, hiki otoshi	randori embu review				
25	- kinteki geri hiza uke nami gaeshi - me uchi, kinteki geri (pair form) - kinteki geri and defense techniques (ken uke, hiza uke)	jun geri chi ichi ren han ko <Chio Ken>	tai gamae (O) ichiji gamae (D) ichiji gamae	hebi zuki, kinteki geri ken uke, kinteki keri kaeshi	195	
		randori embu review				
26	- gyaku geri hiza uke nami gaeshi	gyaku geri chi ichi ren han ko <Chio Ken>	hiraki gamae (O) ichiji gamae (D) ichiji gamae	hebi zuki, kinteki geri ken uke, kinteki keri kaeshi	196	
		randori embu review				
27	- flipping after ippon se nage - Study seoi nage	maki otoshi <Rakan Ken>	(O) (D)	Pull upper collar tembin gatame (ura)	302	
		randori embu review				
28	- Study ashi barai	soto maki otoshi <Rakan Ken>	(O) (D)	Push upper collar Throw by leveraging tembin	302	
		randori embu review				
29	- harai uke geri, juji uke geri - mawashi geri (ren) and defense techniques	mawashi geri sambo uke nami gaeshi ren han ko <Kakuritsu Ken>	tai gamae (O) ichiji gamae (D) ichiji gamae	taka mawashi geri sambo uke, keri kaeshi	200	
		randori embu review				
30	- Study various keri techniques - various types of dan geri	dan geri sambo uke dan geri gaeshi <Kakuritsu Ken>	tai gamae (O) ichiji gamae (D) ichiji gamae	dan geri with kinteki geri and mikazuki geri hiza uke, yoko juji uke, dan geri gaeshi	201	
		randori embu review				

2nd Dan Curriculum

Week	Basic Practice / Review	Kihon Hokei	Shifting / Stance	Offense/ Defense/ Katame / Atemi	Kyohan Page	Check
31	- various offenses with <i>keri</i> and defenses against - <i>keri</i> offense with <i>sashikomi ashi, sashikae ashi</i>	<i>sokuto geri</i> <i>hiki ashi</i> <i>nami gaeshi</i> <i>ren han ko</i> <Kakuritsu Ken>	<i>tai gamae</i> (O) <i>ichiji gamae</i> (D) <i>ichiji gamae</i>	kick knee part with <i>sokuto</i>	200	
		<i>randori</i> <i>embu</i> review				
32	- <i>nidan nuki, oshi gote</i> - <i>katate oshi nuki, kote maki gaeshi</i>	<i>nuki uchi oshi gote</i> <Ryuka Ken>	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>	<i>ryote oshi gote</i> attempted and changed	254	
		<i>randori</i> <i>embu</i> review				
33	- <i>dan</i> attacks, <i>dan</i> counterattacks - <i>tsubame gaeshi, chidori gaeshi</i>	<i>harai uke</i> <i>dan zuki</i> <i>ren han ko</i> <Byakuren Ken>	<i>hiraki gamae</i> (O) <i>ichiji gamae</i> (D) <i>ichiji gamae</i>	<i>sashikomi mawashi geri</i> <i>uchi harai uke, ura ken uchikomi</i>	194	
		<i>randori</i> <i>embu</i> review				
34	- <i>gedan gaeshi</i> - defenses against <i>mawashi geri</i> and <i>sokuto geri</i>	<i>harai uke chi ni</i> <i>ren han ko</i> <Chio Ken>	(O) <i>ichiji gamae</i> (D) <i>kesshu gamae</i>	<i>sashikomi mawashi geri</i> and <i>jodan gyaku zuki</i> (can be <i>ichiji gamae</i>)	197	
		<i>randori</i> <i>embu</i> review				
35	- <i>kusshin zuki, kusshin geri</i> - <i>kusshin zuki geri</i>	<i>jun geri chi san</i> <i>ren han ko</i> <Chio Ken>	<i>hiraki gamae</i> (O) <i>ichiji gamae</i> (D) <i>ichiji gamae</i>	<i>sokuto geri (mawashi geri),</i> <i>jo chu niren zuki</i> <i>uchi harai uke, uwa uke, ren uke, doji geri</i>	198	
		<i>randori</i> <i>embu</i> review				
36	- <i>gyaku tembin, morote oshi nuki</i> - <i>morote hiki nuki, maki gote</i>	<i>gyaku geri chi san</i> <i>ren han ko</i> <Chio Ken>	<i>hiraki gamae</i> (O) <i>ichiji gamae</i> (D) <i>ichiji gamae</i>	<i>kinteki geri, shuto giri,</i> <i>chudan zuki</i> <i>ken uke, soto oshi uke, ren uke</i> with <i>doji geri</i>	199	
		<i>randori</i> <i>embu</i> review				
37 and after	Review, research, exam preparation					

3rd Dan

Objectives

◎ Philosophy

Review all the philosophical teachings you've learned up to 2nd Dan and study the lectures by Kaiso and study current events on your own to broaden your view of the world.

1. Motivation and Goals for the Founding of Shorinji Kempo *
 2. Key Attitudes at the *Dojo* *
 3. Key Attitudes toward Training *
 4. Kinds of *Kihon* in Shorinji Kempo *
 5. The Five Elements of *Atemi* *
 6. The History and Founding of Shorinji Kempo *
 7. Shorinji Kempo is a Discipline (*Gyo*) that Develop Individuals *
 8. Studying the Technique and Philosophy of Shorinji Kempo *
 9. Systems of Training in Shorinji Kempo *
 10. *Ma'ai* and Opportunities for Offense and Defense *
 11. Mind, *Ki*, and Strength *
 12. Shorinji Kempo Related Organizations*
 13. What is True Strength? *
 14. On *Chinkon* Practice*
 15. Meditation (*Seiku*), Oath (*Seigan*), and Creed (*Shinjo*) *
 16. The Three Teachings of *Ken* (*Shu, Ha, Ri*) *
 17. The Three Elements of *Ken* (*Gi, Jutsu, Ryaku*)
 18. Key Principles of Shorinji Kempo Techniques*
 19. On *Sen* (initiative) *
 20. The Six Distinguishing Characteristics of Shorinji Kempo *
 21. The Ranking Systems of Shorinji Kempo *
 22. Technical Characteristics of Shorinji Kempo *
 23. *Kisei* and *Kiai* *
 24. Shorinji Kempo Symbols and Activities *
- Quotations from Kaiso
 - Lecture / Current Events / Research

Subjects with “*” are reviews

◎Techniques

For *goho*, practice and learn counterattacks in dan, and how to defend yourself against a short knife / sword and counterattacks.

For *juho*, practice and learn how to defend yourself from sitting position and apply reverse and pinning techniques.

[*Tan'en kihon hokei*]

Ryu no kata (gyaku gote solo form)

[Basic *Hokei*]

- Nio Ken:* *machi geri, shita uke zuki, shita uke dan zuki, soto uke dan zuki,*
 uchi age dan zuki, tanto tsuki komi shita uke uchi otoshi geri,
 tanto furi age ryusui geri
- Sango Ken:* *chudan gaeshi*
- Ten'o Ken:* *keri ten ichi*
- Byakuren Ken:* *hangetsu gaeshi, suigetsu gaeshi, mikazuki gaeshi*
- Chio Ken:* *fukko chi ni*
- Ryu'o Ken:* *age nuki*
- Ryuka Ken:* *nigiri gaeshi, maki komi gote, morote okuri gote nage, konoha okuri,*
 okuri yubi gaeshi, okuri tsuki taoshi, okuri shishi dori,
 furisute omote nage, koshi kujiki, kiri kaeshi gote, kiri kaeshi nage,
 morote kiri kaeshi nage, konoha gaeshi, idori okuri gote,
 idori gyaku gote, idori oshi gote
- Goka Ken:* *uwa uke se nage, katate nage, okuri katate nage,*
 gyaku katate nage, ryote katate nage, morote katate nage,
 gassho hiki tembin
- Kongo Ken:* *osae yubi gatame, konoha gatame, gassho okuri dori, gyaku te gatame*
- Rakan Ken:* *sode guchi dori, sode guchi maki, sode maki gaeshi, sukui kubi nage,*
 kata uchi nage

3rd Dan Curriculum

Week	Basic Practice / Review	Kihon Hokei	Shifting / Stance	Offense/ Defense/ Katame / Atemi	Kyohan Page	Check
1	- <i>Ryu No Kata</i> (<i>gyaku gote</i> solo form)	<i>machi geri</i> < <i>Nio Ken</i> >	(O) (D)	<i>doji geri</i>	177	
		<i>randori</i> <i>embu</i> review				
2	- Practice <i>machi geri</i> - offenses and defenses while moving	<i>tanto furi age</i> <i>ryusui geri</i> < <i>Nio Ken</i> >	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>ichiji gamae</i>	Raise knife up and slash <i>ryusui uke, doji geri</i>		
		<i>randori</i> <i>embu</i> review				
3	- various kinds of <i>tai sabaki</i> - Practice <i>kihon kobo</i>	<i>tanto tsukikomi</i> <i>shita uke</i> <i>uchi otoshi geri</i> < <i>Nio Ken</i> >	<i>tai gamae</i> (O) (D) <i>hasso gamae</i>	Attempt to thrust knife <i>shita uke, uchi otoshi uke,</i> <i>gyaku geri</i>	179	
		<i>randori</i> <i>embu</i> review				
4	- <i>ren geri, dan geri,</i> <i>tobikomi geri</i> - <i>Ko Manji Ken (manji no kata)</i>	<i>age nuki</i> < <i>Ryu'o Ken</i> >	(O) (D) <i>seiza</i>	Pull outer wrist in <i>jun te</i>	222	
		<i>randori</i> <i>embu</i> review				
5	- <i>Tenchi Ken Dai-ikkei</i> through <i>Dai-rokkei</i> (solo form)	<i>idori okuri gote</i> < <i>Ryuka Ken</i> >	(O) (D) <i>seiza</i>	Pull outer wrist in <i>jun te</i> <i>fukko dachi, kagite shuho, ura</i> <i>gatame</i>		
		<i>randori</i> <i>embu</i> review				
6	- Practice <i>johaku nuki</i> and <i>johaku dori</i>	<i>idori gyaku gote</i> < <i>Ryuka Ken</i> >	(O) (D) <i>seiza</i>	Pull inner wrist in <i>jun te</i> <i>osae yubi gatame, gyaku te</i> <i>gatame, mae tembin gatame,</i> <i>kumo garami</i>	287 290	
		<i>randori</i> <i>embu</i> review				
7	- Practice <i>nidan nuki</i> and <i>oshi gote</i>	<i>idori oshi gote</i> < <i>Ryuka Ken</i> >	(O) (D) <i>seiza</i>	Pull outer wrist in <i>jun te</i> <i>fukko dachi, kagite shuho,</i> <i>kannuki gatame</i>		
		<i>randori</i> <i>embu</i> review				
8	- <i>ude juji gatame, gyaku tembin</i>	<i>katate nage</i> < <i>Goka Ken</i> >	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>	<i>shikake waza, kannuki gatame</i>	271	
		<i>randori</i> <i>embu</i> review				
9	- <i>gyaku gote (katate, morote)</i>	<i>gyaku katate</i> <i>nage</i> < <i>Goka Ken</i> >	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>	<i>kannuki gatame</i>		
		<i>randori</i> <i>embu</i> review				

3rd Dan Curriculum

Week	Basic Practice / Review	Kihon Hokei	Shifting / Stance	Offense/ Defense/ Katame / Atemi	Kyohan Page	Check
10	- <i>oshi gote</i>	<i>okuri katate nage</i> <Goka Ken>	<i>hiraki gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>	<i>kannuki gatame</i>	272	
		<i>randori embu</i> review				
11	- <i>maki nuki, okuri gote</i> (<i>katate, ryote</i>)	<i>mikazuki gaeshi kari ashi</i> <Byakuren Ken>	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>taiki gamae</i>	<i>sashikae jodan jun zuki</i> <i>kakete uke, uwa furi zuki,</i> <i>shuto uchi</i>	194	
		<i>randori embu</i> review				
12	- <i>tsubame gaeshi, chidori gaeshi</i>	<i>suigetsu gaeshi oshi taoshi</i> <Byakuren Ken>	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>taiki gamae</i>	<i>jodan gyaku zuki</i> <i>uchi uke, yoko furi zuki,</i> <i>shita furi zuki (shoken uchi)</i>	194	
		<i>randori embu</i> review				
13	- Practice <i>sokuto geri</i> and <i>ushiro geri</i>	<i>keri ten ichi sukui nage</i> <Nio Ken>	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>	<i>ni ren ko with jodan gyaku</i> <i>zuki and mawashi geri</i> <i>soto uke, sukui uke, kinteki</i> <i>geri, sukui nage</i>	186	
		<i>randori embu</i> review				
14	- <i>tai ten ichi, kai shin zuki</i>	<i>hangetsu gaeshi sukui kubi nage</i> <Byakuren Ken>	<i>tai gamae</i> (O) <i>chudan gamae</i> (D) <i>midare gamae</i>	<i>jo chu ni ren zuki</i> <i>hangetsu uke, oshi dome,</i> <i>kumade zuki</i>	194 305	
		<i>randori embu</i> review				
15	- <i>sode nuki, sode dori (maki)</i>	<i>sode maki gaeshi</i> <Rakan Ken>	(O) <i>chudan gamae</i> (D) <i>gyaku gedan gamae</i>	Grab sleeve from under and pull	298	
		<i>randori embu</i> review				
16	- <i>johaku nuki, oshi kiri nuki</i>	<i>sode guchi dori</i> <Rakan Ken>	(O) <i>chudan gamae</i> (D) <i>gyaku gedan gamae</i>	Grab sleeve edge with 4 fingers inside	298	
		<i>randori embu</i> review				
17	- <i>uwa uke zuki, uwa uke geri</i>	<i>sode guchi maki</i> <Rakan Ken>	(O) <i>chudan gamae</i> (D) <i>gyaku gedan gamae</i>	Grab sleeve edge with thumb inside	298	
		<i>randori embu</i> review				

3rd Dan Curriculum

Week	Basic Practice / Review	Kihon Hokei	Shifting / Stance	Offense/ Defense/ Katame / Atemi	Kyohan Page	Check
18	- harai uke geri, yori nuki (katate, ryote)	chudan gaeshi ren han ko <Sango Ken>	hiraki gamae (O) ichiji gamae (D) taiki gamae	sashikomi mawashi geri	180	
		randori embu review				
19	- kiri nuki (soto), gassho nuki	fukko chi ni <Chio Ken>	(O) ichiji gamae (D) seiza	mawashi geri, gyaku zuki soto oshi uke, uchi uke, chudan jun zuki	197	
		randori embu review				
20	- kiri kaeshi nuki, kiri gote (katate, morote)	kiri kaeshi gote <Ryuka Ken>	tai gamae (O) chudan gamae (D) gedan gamae	kiri gote attempted and changed, kiri kaeshi gatame	259	
		randori embu review				
21	- kiri kaeshi tembin, kiri kaeshi maki tembin	kiri kaeshi nage <Ryuka Ken>	tai gamae (O) chudan gamae (D) gedan gamae	kiri gote attempted and changed	260	
		randori embu review				
22	- uchi uke zuki, uchi uke geri	morote kiri kaeshi nage <Ryuka Ken>	tai gamae (O) chudan gamae (D) gedan gamae	sankaku shuho, kannuki gatame	261	
		randori embu review				
23	- fukko chi ni, maki juji gote	maki komi gote <Ryuka Ken>	tai gamae (O) chudan gamae (D) gedan gamae	sankaku shuho, ura gatame	244	
		randori embu review				
24	- nidan nuki	ryote katate nage <Goka Ken>	tai gamae (O) chudan gamae (D) chudan gamae	kannuki gatame	273	
		randori embu review				
25	- morote wa nuki	morote kakate nage <Goka Ken>	(O) chudan gamae (D) chudan gamae	ippon se nage or gyaku tembin kannuki gatame	273	
		randori embu review				
26	- Practice ippon se nage and flipping from it - kinteki geri hiza uke nami gaeshi	uwa uke se nage <Goka Ken>	tai gamae (O) chudan gamae (D) ichiji gamae	hira ken uchikomi	269	
		randori embu review				

3rd Dan Curriculum

Week	Basic Practice / Review	Kihon Hokei	Shifting / Stance	Offense/ Defense/ Katame / Atemi	Kyohan Page	Check
27	- Practice <i>kataguruma</i> and flipping from it	<i>kata uchi nage</i> <Rakan Ken>	<i>hiraki gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>		311	
		<i>randori</i> <i>embu</i> review				
28	- <i>morote maki nuki</i>	<i>furisute omote nage</i> <Rakan Ken>	<i>hiraki gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>	<i>ippon se nage</i>	252	
		<i>randori</i> <i>embu</i> review				
29	- <i>tsuki ten san, keri ten san</i>	<i>morote okuri gote nage</i> <Ryuka Ken>	<i>hiraki gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>	<i>ippon se nage</i>	247	
		<i>randori</i> <i>embu</i> review				
30	- <i>katate oshi nuki, kote maki gaeshi</i>	<i>okuri tsuki taoshi</i> <Ryuka Ken>	<i>hiraki gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>	<i>ippon se nage</i>	250	
		<i>randori</i> <i>embu</i> review				
31	- <i>kusshin zuki, kusshin geri</i> - <i>kusshin geri tenkai ren geri</i>	<i>koshi kujiki</i> <Ryuka Ken>	<i>hiraki gamae</i> (O) <i>chudan gamae</i> (D) <i>chudan gamae</i>	<i>ippon se nage</i>	252	
		<i>randori</i> <i>embu</i> review				
32	- <i>soto uke geri, soto uke zuki</i>	<i>soto uke dan zuki ren han ko</i> <Nio Ken>	(O) <i>chudan gamae</i> (D) <i>ichiji gamae</i>	<i>jodan choku zuki</i>	178	
		<i>randori</i> <i>embu</i> review				
33	- <i>uchi age geri, uchi age zuki</i>	<i>uchi age dan zuki ren han ko</i> <Nio Ken>	(O) <i>chudan gamae</i> (D) <i>ichiji gamae</i>	<i>jodan choku zuki</i> <i>jun uke jun zuki, gyaku uke gyaku zuki</i>	178	
		<i>randori</i> <i>embu</i> review				
34	- <i>shita uke geri, shita uke jun geri</i>	<i>shita uke zuki ren han ko</i> <Nio Ken>	<i>tai gamae</i> (O) <i>ichiji gamae</i> (D) <i>hasso gamae</i>	<i>chudan gyaku zuki</i>	177	
		<i>shita uke dan zuki ren han ko</i> <Nio Ken>	<i>tai gamae / hiraki gamae</i> (O) <i>ichiji gamae</i> (D) <i>hasso gamae</i>	<i>chudan gyaku zuki</i>	177	
		<i>randori</i> <i>embu</i> review				

3rd Dan Curriculum

Week	Basic Practice / Review	Kihon Hokei	Shifting / Stance	Offense/ Defense/ Katame / Atemi	Kyohan Page	Check
35	- <i>okuri dori, okuri maki tembin</i> - <i>okuri hiji zeme</i>	<i>konoha okuri</i>	(O)		248	
		<Ryuka Ken>	(D)	<i>shikake waza, konoha gatame</i>	289	
		<i>okuri yubi gaeshi</i>	(O)		249	
		<Ryuka Ken>	(D)	<i>konoha shuho</i>		
		<i>randori</i> <i>embu</i> review				
36	- <i>tsuriage dori</i>	<i>konoha gaeshi</i>	(O)		261	
		<Ryuka Ken>	(D)	<i>shikake waza, konoha gatame</i>		
		<i>randori</i> <i>embu</i> review				
37	- <i>gyaku te nage, ryu nage</i>	<i>gassho hiki tembin</i>	(O)		278	
		<Goka Ken>	(D)			
		<i>nigiri gaeshi</i>	(O)		242	
		<Ryuka Ken>	(D)			
		<i>randori</i> <i>embu</i> review				
38	- <i>okuri tembin dori</i>	<i>okuri shishi dori</i>	(O)		251	
		<Ryuka Ken>	(D)	<i>okuri dori or okuri gote attempted and changed</i>		
		<i>randori</i> <i>embu</i> review				
39	- <i>tsuri otoshi</i>	<i>gassho okuri dori</i>	(O)	Turn back and escape	292	
		<Kongo Ken>	(D)	<i>okuri gote attempted and changed</i>		
		<i>randori</i> <i>embu</i> review				
40 and after	Review, research, exam preparation					

4th Dan

Objectives

The objectives are to improve the quality of a person as a leader not only in the *Dojo* but also in the community, and while in training, to understand the deep meaning of each technique and to help juniors develop their skills.

◎ Philosophy

1. Study Shorinji Kempo *Tokuhon* and Children's *Tokuhon*, and give lectures
2. Read and study Shorinji Kempo literature
3. Study life (aging, sickness) and death, or thanatology
4. Study the history of the Showa Era and contemporary history
5. Study "how to act in extreme circumstances" by Kaiso Doshin So

◎ Techniques

Ryu'o Ken: *ashi nuki* (2 types)

Ryuka Ken: *gassho gyaku gote, gyaku gassho nage* (2 types), *okuri gassho* (2 types), *kumade gaeshi* (*katate, ryote*)
katate nage kiri kaeshi, gassho choji, gassho tsuki otoshi

Goka Ken: *oshi uke nage, oshi uke maki nage, gassho katate nage, kannuki soto tembin, tembin nage*

Kongo Ken: *kannuki okuri (dori), mae ude gatame, ushiro ude gatame, sankaku gatame*

Rakan Ken: *gyaku sode maki, ushiro sode maki (dori), okuri eri dori, ushiro eri dori (omote, ura), hangetsu kubi nage, maki uchi kubi nage, yahazu nage, kubi jime nage, kubi jime shuho juji nage, ken jime dori, omote nage, ura nage, ushiro kari taoshi, gyaku sode maki, ushiro kubi nage*

4th Dan Curriculum

Week	Basic Practice / Review	Kihon Hokei	Shifting / Stance	Offense/ Defense/ Katame / Atemi	Kyohan Page	Check
1	- soto uke zuki, soto uke geri	kubi jime shuho juji nage <Rakan Ken>	(O) (D)	kubi jime kubi jime shuho	307	
2	- chudan gaeshi, uchi uke zuki - ryote yori nuki - maki nuki (ryote)					
3	- soto oshi uke zuki, uchi oshi uke zuki	kubi jime nage <Rakan Ken>	(O) (D)	kubi jime kubi jime shuho	306	
4	- chudan gaeshi, tai ten ichi - okuri gote (katate, ryote) - okuri maki tembin					
5	- kusshin zuki, kusshin geri - kusshin zuki geri - kusshin geri tenkai ren geri	ken jime dori <Rakan Ken>	(O) (D)	ken jime kubi jime shuho	307	
6	- gedan gaeshi, tobi ren geri - katate oshi nuki - kote maki gaeshi					
7	- kaishin zuki - hangetsu geri	tembin nage <Goka Ken>	(O) (D)		278	
8	- kiri nuki (soto, uchi) - morote hiki nuki - maki gote (katate, morote)					
9	- soto uke dan zuki, uchi age dan zuki	kumade gaeshi (katate, ryote) <Ryuka Ken>	(O) (D)		248	
10	- nidan nuki - hiji nuki, mae tembin					
11	- harai uke geri - chudan gaeshi - gedan gaeshi	okuri gassho (two types) <Ryuka Ken>	(O) (D)		248	
12	- morote wa nuki - morote gyaku gote					
13	- shita uke geri - shita uke jun geri - gyaku tenshin geri	kannuki okuri (dori) <Kongo Ken>	(O) (D)	renko	286	
14	- johaku nuki (katate, ryote) - johaku dori (katate, ryote)					
15	- yoko tenshin geri - han tenshin geri	kannuki soto tembin <Goka Ken>	(O) (D)		274	
16	- kiri kaeshi nuki (katate, morote) - kiri gote (katate, morote)					
17	- Tenchi Ken Dai-ikkei through Dai-rokkei (solo form)	gassho gyaku gote <Ryuka Ken>	(O) (D)		241	
18	- kiri kaeshi tembin - kiri kaeshi maki tembin					
19	- giwa ken Dai-ikkei and Dai-nikei (solo form)	gyaku gassho nage (two types) <Ryuka Ken>	(O) (D)		242	
20	- idori continued to Ryuka Ken - kiri kaeshi gote - kiri kaeshi nage					
21	- tsuki ten ichi - tsuki ten ni	gyaku sode dori <Rakan Ken>	(O) (D)		298	

Week	Basic Practice / Review	Kihon Hokei	Shifting / Stance	Offense/ Defense/ Katame / Atemi	Kyohan Page	Check
22	- idori continued to Rakan Ken - shita uke geri kote nage					
23	- kon ten ichi - furi ten ni	gyaku sode maki <Rakan Ken>	(O) (D)		308	
24	- oshi gote (katate, ryote)					
25	- tsuki ten san - keru ten san	hangetsu kubi nage <Rakan Ken>	(O) (D)		305	
26	- sode nuki - sode maki - sode dori					
27	- tsubame gaeshi - chidori gaeshi	maki uchi kubi nage <Rakan Ken>	(O) (D)		305	
28	- okuri shishi dori - gassho okuri dori					
29	- mikazuki gaeshi - suigetsu gaeshi	omote nage <Rakan Ken>	(O) (D)	seoi nage or koshi nage	307	
30	- maki otoshi - soto maki otoshi					
31	- hangetsu gaeshi	ura nage <Rakan Ken>	(O) (D)		308	
32	- okuri dori - tsuri otoshi					
33	- jun geri chi ichi - gyaku geri chi ichi	katate nage kiri kaeshi <Ryuka Ken>	(O) (D)	katate nage	260	
34	- okuri hiji zeme - okuri tembin dori					
35	- jun geri chi san	okuri eri dori <Rakan Ken>	(O) (D)		303	
36	- konoha okuri					
37	- okuri yubi gaeshi	ushiro kari taoshi <Rakan Ken>	(O) (D)		308	
38	- konoha gaeshi					
39	- gyaku geri chi san	ushiro eri dori (omote, ura) <Rakan Ken>	(O) (D)	ushiro kari taoshi	303	
40	- kata muna otoshi					
41	- hiki muna otoshi - ryo muna otoshi	ushiro kubi nage <Rakan Ken>	(O) (D)	ushiro kari taoshi	310	
42	- eri juji					
43	- idori okuri gote - idori gyaku gote - idori oshi gote	ushiro sode maki (dori) <Rakan Ken>	(O) (D)		300	
44	- idori gyaku gote continued to mae ude gatame					
45	- uwa uke nage - uwa uke gyaku te nage	yahazu nage <Rakan Ken>	(O) (D)		306	
46	- maki tembin (various types) continued to ushiro ude gatame					

Week	Basic Practice / Review	Kihon Hokei	Shifting / Stance	Offense/ Defense/ Katame / Atemi	Kyohan Page	Check
47	- kinteki geri hiza uke nami gaeshi - gyaku geri hiza uke nami gaehi	oshi uke nage <Goka Ken>	(O) (D)		270	
48	- gyaku waza (various types) continued to sankaku gatame					
49	- sokuto geri hiki ashi nami gaeshi	oshi uke maki nage <Goka Ken>	(O) (D)		270	
50	- various types of tembin					
51	- mawashi geri sambo uke nami gaeshi	gassho choji <Ryuka Ken>	(O) (D)		262	
52	- dan geri sambo uke dan geri gaeshi					
53	- katate nage - gyaku katate nage - nigiri gaeshi	gassho katate nage <Goka Ken>	(O) (D)		273	
54	- okuri katate nage - ryote katate nage					
55	- shita uke zuki - shita uke dan zuki	gassho tsuki otoshi <Ryuka Ken>	(O) (D)		262	
56	- harai uke dan zuki					
57	- morote katate nage	ashi nuki (two types) <Ryu 'o Ken>	(O) (D)	hasami uke or sukui uke	229	
58	- gyaku tembin - morote oshi nuki					
59	Review, research, exam preparation					

5th Dan

Objectives

Aim to go beyond the technical training or teaching only. Practice Shorinji Kempo as a Gyo to develop individuals to be more complete human beings, and apply the practice broadly in daily life.

◎ Philosophy

1. Study *Tokuhon* and Children's *Tokuhon* and give lectures.
2. Read and study Shorinji Kempo literature.
3. Study the structure of Shorinji Kempo or the structure of the community of practitioners; the way leadership should be (discourse on structure and discourse on leadership).
4. Study *Budo* and how its practice should be.
5. Study how to conduct the practice of *chinkon gyo*, as well as the study of *dokun* and others.
6. Study *zaho* (how to sit) and *chosoku ho* (breathing exercises).

◎ Techniques

Ryuka Ken: *okuri kannuki gote, omote kumade gaeshi, okuri hiji zeme omote, choji nage, gyaku konoha gaeshi, konoha choji, okuri gassho konoha nage*

Goka Ken: *kannuki katate nage, katate kannuki nage, ryote kannuki nage, kannuki nai tembin, osae kannuki nage uchi, osae kannuki nage soto, bukkotsu nage, harai bukkotsu nage, ushiro bukkotsu nage*

Kongo Ken: *soto gyaku te dori, uchi gyaku te dori*

Rakan Ken: *sode juji, tekubi dori, choji dori, shikumi koshi nage, maegami dori, obi dori, sode dori nai tembin, sode maki gaeshi ura, okuri eri dori omote, shikumi nai tembin, kubi jime nage omote, tora daoshi (two kinds), hasami daoshi each type, fukko daoshi each type*

Rakan Appo: *nichigetsu zeme, sankaku zeme, jinchu zeme, gekon zeme, bukkotsu zeme, danchu zeme, san'in zeme, gyokkotsu zeme, soin zeme*

5th Dan Curriculum

No.	<i>Kihon hokei</i>	<i>Kyohan</i> Page	Check	No.	<i>Kihon hokei</i>	<i>Kyohan</i> Page	Check
1	<i>katate kannuki nage</i> <Goka Ken>	274		22	<i>fukko daoshi</i> (each type) <Rakan Ken>	312	
2	<i>ryote kannuki nage</i> <Goka Ken>	274		23	<i>hasami daoshi</i> (each type) <Rakan Ken>	312	
3	<i>kannuki nai tembin</i> <Goka Ken>	274		24	<i>choji nage</i> <Ryuka Ken>	261	
4	<i>osae kannuki nage soto</i> <Goka Ken>	275		25	<i>konoha choji</i> <Ryuka Ken>	262	
5	<i>osae kannuki nage uchi</i> <Goka Ken>	274		26	<i>gyaku konoha gaeshi</i> <Ryuka Ken>	262	
6	<i>kannuki katate nage</i> <Goka Ken>	273		27	<i>okuri gassho kohoha nage</i> <Ryuka Ken>	263	
7	<i>tekubi dori</i> <Rakan Ken>	303		28	<i>omote kumade gaeshi</i> <Ryuka Ken>	251	
8	<i>choji dori</i> <Rakan Ken>	303		29	<i>okuri hiji zeme omote</i> <Ryuka Ken>	252	
9	<i>sode juji</i> <Rakan Ken>	300		30	<i>okuri kannuki gote</i> <Ryuka Ken>	251	
10	<i>sode dori nai tembim</i> <Rakan Ken>	308		31	<i>uchi gyaku te dori</i> <Kongo Ken>	290	
11	<i>sode maki gaeshi ura</i> <Rakan Ken>	309		32	<i>soto gyaku te dori</i> <Kongo Ken>	290	
12	<i>okuri eri dori omote</i> <Rakan Ken>	309		33	<i>hagai jime and shuho</i>	211	
13	<i>kubi jime nage omote</i> <Rakan Ken>	310		34	<i>nichigetsu zeme</i>	314	
14	<i>bukkotsu nage</i> <Goka Ken>	276		35	<i>sankaku zeme</i>	314	
15	<i>harai bukkotsu nage</i> <Goka Ken>	276		36	<i>jinchu zeme</i>	314	
16	<i>ushiro bukkotsu nage</i> <Goka Ken>	276		37	<i>gekon zeme</i>	314	
17	<i>maegami dori</i> <Rakan Ken>	305		38	<i>bukkotsu zeme</i>	314	
18	<i>obi dori</i> <Rakan Ken>	305		39	<i>danchu zeme</i>	314	
19	<i>shikumi koshi nage</i> <Rakan Ken>	305		40	<i>san'in zeme</i>	314	
20	<i>shikumi nai tembin</i> <Rakan Ken>	309		41	<i>gyokkotsu zeme</i>	314	
21	<i>tora daoshi</i> (two types) <Rakan Ken>	311		42	<i>soin zeme</i>	314	

6th Dan

Objectives

The objectives are to practice deeply in order to apply Shorinji Kempo techniques and teachings to daily activities, and help address the condition of society, and social problems.

◎ Philosophy

1. Study Shorinji Kempo *Tokuhon* and Children's *Tokuhon* and give lectures.
2. Read and study Shorinji Kempo literature.
3. Study of current events in order to promote world peace and happiness.
4. Study body conditioning (including warm-up and cool-down exercise, and first aid).
5. Study the theory of *Sampo*; the Principle of the Three Systems of Technique in Shorinji Kempo.

◎ Techniques

Review, study, and teach techniques learned up through 5th Dan. Study 35 techniques of *Rakan Appo*.

6th Dan Curriculum

[Rakan Appo] Kyohan page 314

No.	Technique	No.	Technique	No.	Technique
1	<i>seimon zeme</i>	13	<i>yoko keichu zeme</i>	25	<i>chukoku zeme</i>
2	<i>nichigetsu zeme</i>	14	<i>ushiro keichu zeme</i>	26	<i>tokotsu zeme</i>
3	<i>sankaku zeme</i>	15	<i>temmon zeme</i>	27	<i>summyaku zeme</i>
4	<i>jinchu zeme</i>	16	<i>fuchi zeme</i>	28	<i>gokoku zeme</i>
5	<i>gekon zeme</i>	17	<i>danchu zeme</i>	29	<i>shikoku zeme</i>
6	<i>yongo zeme</i>	18	<i>shikoro zeme</i>	30	<i>shokoku zeme</i>
7	<i>sango zeme</i>	19	<i>tsurigane zeme</i>	31	<i>yako zeme</i>
8	<i>furin zeme</i>	20	<i>kenko zeme</i>	32	<i>kaimon zeme</i>
9	<i>mimi zeme</i>	21	<i>hakuin zeme</i>	33	<i>san'in zeme</i>
10	<i>dokko zeme</i>	22	<i>hakuyo zeme</i>	34	<i>gyokkotsu zeme</i>
11	<i>keimyaku zeme</i>	23	<i>chuin zeme</i>	35	<i>soin zeme</i>
12	<i>bukkotsu zeme</i>	24	<i>chuyo zeme</i>		

MEMO

APPENDIX 1

Referential Materials of Shorinji Kempo Techniques

Techniques List

2nd Dan Curriculum					
Week	Technique	Week	Technique	Week	Technique
1	- <i>kaishin zuki</i>	13	- <i>kiri kaeshi maki tembin</i>	25	- <i>jun geri chi ichi</i>
2	- <i>hangetsu geri</i>	14	- <i>uwa uke nage</i>	26	- <i>gyaku geri chi ichi</i>
3	- <i>gyaku te nage</i>	15	- <i>uwa uke gyaku te nage</i>	27	- <i>maki otoshi</i>
4	- <i>ryu nage,</i> <i>ryu gatame</i>	16	- <i>morote gyaku gote,</i> <i>tate ichiji gatame,</i> <i>sekoshi ichiji gatame,</i> <i>kumo garami</i>	28	- <i>soto maki otoshi</i>
5	- <i>soto maki tembin</i>	17	- <i>morote okuri gote</i> continued to <i>baku ho (1),</i> <i>tsuriage ura gatame,</i> <i>ura hiza gatame</i>	29	- <i>mawashi geri sambo</i> <i>uke nami gaeshi</i>
6	- <i>uchi nuki</i> (<i>katate, ryote</i>)	18	- <i>ude juji gatame</i> (review) <i>-ura gassho gatame</i>	30	- <i>dan geri sambo uke</i> <i>dan geri gaeshi</i>
7	- <i>shita uke geri</i> <i>kote nage</i>	19	- <i>okuri tembin dori</i> (2 types)	31	- <i>sokuto geri hiki ashi</i> <i>nami gaeshi</i>
8	- <i>tai ten ichi</i>	20	- <i>okuri hiji zeme</i>	32	- <i>nuki uchi oshi gote</i>
9	- <i>gyaku ten ichi</i>	21	- <i>tsuri otoshi</i>	33	- <i>harai uke dan zuki</i>
10	- <i>hiki tembin</i>	22	- <i>tsuriage dori</i>	34	- <i>harai uke chi ni</i>
11	- <i>gyaku hiki tembin</i>	23	- <i>hiki muna otoshi</i>	35	- <i>jun geri chi san</i>
12	- <i>kiri kaeshi tembin</i>	24	- <i>ryo muna otoshi</i>	36	- <i>gyaku geri chi san</i>
37 and after	Review, research, exam preparation				

Techniques List

3rd Dan Curriculum					
Week	Technique	Week	Technique	Week	Technique
1	- machi geri	14	-hangetsu gaeshi sukui kubinage	27	- kata uchi nage
2	- tanto furiage ryusui geri	15	- sode maki gaeshi	28	- furisute omote nage
3	- tanto tsukikomi shita uke uchi otoshi geri	16	- sode guchi dori	29	- morote okuri gote nage
4	- age nuki	17	- sode guchi maki	30	- okuri tsuki taoshi
5	- idori okurigote, - okuri yoko tembin, ura gatame	18	- chudan gaeshi	31	- koshi kujiki
6	- idori gyaku gote, osae yubi gatame, gyaku te gatame, mae tembin gatame, kumo garami	19	- fukko chi ni	32	- soto uke dan zuki
7	- idori oshi gote, kannuki gatame	20	- kiri kaeshi gote	33	- uchi age dan zuki
8	- katate nage	21	- kiri kaeshi nage	34	- shita uke zuki - shita uke dan zuki
9	- gyaku katate nage	22	- morote kiri kaeshi nage	35	- konoha okuri - konoha gatame - okuri yubi gaeshi
10	- okuri katate nage	23	- makikomi gote	36	- konoha gaeshi, konoha gatame
11	- mikazuki gaeshi kari ashi	24	- ryote katate nage	37	- gassho hiki tembin - nigiri gaeshi
12	- suigetsu gaeshi oshi taoshi	25	- morote katate nage	38	- okuri shishi dori
13	- keri ten ichi sukui nage	26	- uwa uke se nage	39	- gassho okuri dori
40 and after	Review, research, exam preparation				

Techniques List

4th Dan Curriculum									
1	<i>kubi jime shuho juji nage</i>	7	<i>kannuki okuri (dori)</i>	13	<i>hangetsu kubi nage</i>	19	<i>ushiro kari taoshi</i>	25	<i>oshi uke maki nage</i>
2	<i>kubi jime nage</i>	8	<i>kannuki soto tembin</i>	14	<i>maki uchi kubi nage</i>	20	<i>ushiro eri dori (omote, ura)</i>	26	<i>gassho choji</i>
3	<i>ken jime dori</i>	9	<i>gassho gyaku gote</i>	15	<i>omote nage</i>	21	<i>ushiro kubi nage</i>	27	<i>gassho katate nage</i>
4	<i>tembin nage</i>	10	<i>gyaku gassho nage (two types)</i>	16	<i>ura nage</i>	22	<i>ushiro sode maki (dori)</i>	28	<i>gassho tsuki otoshi</i>
5	<i>kumade gaeshi (katate, ryote)</i>	11	<i>gyaku sode dori</i>	17	<i>katate nage kiri kaeshi</i>	23	<i>yahazu nage</i>	29	<i>ashi nuki (two types)</i>
6	<i>okuri gassho (two types)</i>	12	<i>gyaku sode maki</i>	18	<i>okuri eri dori</i>	24	<i>oshi uke nage</i>		

5th Dan Curriculum									
1	<i>katate kannuki nage</i>	10	<i>sode dori nai tembin</i>	19	<i>shikumi koshi nage</i>	28	<i>omote kumade gaeshi</i>	37	<i>gekon zeme</i>
2	<i>ryote kannuki nage</i>	11	<i>sode maki gaeshi ura</i>	20	<i>shikumi nai tembin</i>	29	<i>okuri hiji zeme omote</i>	38	<i>bukkotsu zeme</i>
3	<i>kannuki nai tembin</i>	12	<i>okuri eri dori omote</i>	21	<i>tora daoshi (two types)</i>	30	<i>okuri kannuki gote</i>	39	<i>danchu zeme</i>
4	<i>osae kannuki nage soto</i>	13	<i>kubijime nage omote</i>	22	<i>fukko daoshi (each type)</i>	31	<i>uchi gyaku te dori</i>	40	<i>san'in zeme</i>
5	<i>osae kannuki nage uchi</i>	14	<i>bukkotsu nage</i>	23	<i>hasami daoshi (each type)</i>	32	<i>soto gyaku te dori</i>	41	<i>gyokkotsu zeme</i>
6	<i>kannuki katate nage</i>	15	<i>harai bukkotsu nage</i>	24	<i>choji nage</i>	33	<i>hagai jime and shuho</i>	42	<i>soin zeme</i>
7	<i>tekubi dori</i>	16	<i>ushiro bukkotsu nage</i>	25	<i>konoha choji</i>	34	<i>nichigetsu zeme</i>		
8	<i>choji dori</i>	17	<i>mae gami dori</i>	26	<i>gyaku konoha gaeshi</i>	35	<i>sankaku zeme</i>		
9	<i>sode juji</i>	18	<i>obi dori</i>	27	<i>okuri gassho konoha nage</i>	36	<i>jinchu zeme</i>		

6th Dan Curriculum									
1	<i>seimon zeme</i>	8	<i>furin zeme</i>	15	<i>temmon zeme</i>	22	<i>hakuyo zeme</i>	29	<i>shikoku zeme</i>
2	<i>nichigetsu zeme</i>	9	<i>mimi zeme</i>	16	<i>fuchi zeme</i>	23	<i>chuin zeme</i>	30	<i>shokoku zeme</i>
3	<i>sankaku zeme</i>	10	<i>dokko zeme</i>	17	<i>danchu zeme</i>	24	<i>chuyo zeme</i>	31	<i>yako zeme</i>
4	<i>jinchu zeme</i>	11	<i>keimyaku zeme</i>	18	<i>shikoro zeme</i>	25	<i>chukoku zeme</i>	32	<i>kaimon zeme</i>
5	<i>gekon zeme</i>	12	<i>bukkotsu zeme</i>	19	<i>tsurigane zeme</i>	26	<i>tokotsu zeme</i>	33	<i>san'in zeme</i>
6	<i>yongo zeme</i>	13	<i>yoko keichu zeme</i>	20	<i>Kenko zeme</i>	27	<i>summyaku zeme</i>	34	<i>gyokkotsu zeme</i>
7	<i>sango zeme</i>	14	<i>ushiro keichu zeme</i>	21	<i>hakuin zeme</i>	28	<i>gokoku zeme</i>	35	<i>soin zeme</i>

MEMO

List of Techniques by *Ken* Family and Rank

	2nd dan	3rd dan
<i>Tan'en Kihon Hokei</i>	<i>Ko Manji Ken (Manji No Kata)</i>	<i>Ryu No Kata (gyaku gote solo form)</i>
<i>Kihon Hokei</i>	◆ <i>Nio Ken</i> <i>hangetsu geri</i> <i>kaishin zuki</i>	◆ <i>Nio Ken</i> <i>machi geri</i> <i>shita uke zuki</i> <i>shita uke dan zuki</i> <i>soto uke dan zuki</i> <i>uchi age dan zuki</i> <i>tanto tsukikomi shita uke uchi otoshi geri</i> <i>tanto furi age ryusui geri</i>
	◆ <i>Ten'o Ken</i> <i>gyaku ten ichi</i> <i>tai ten ichi</i>	
	◆ <i>Byakuren Ken</i> <i>harai uke dan zuki</i>	
	◆ <i>Chio Ken</i> <i>jun geri chi ichi</i> <i>gyaku geri chi ichi</i> <i>harai uke chi ni</i> <i>jun geri chi san</i> <i>gyaku geri chi san</i>	◆ <i>Sango Ken</i> <i>chudan gaeshi</i> ◆ <i>Ten'o Ken</i> <i>keri ten ichi</i> ◆ <i>Byakuren Ken</i> <i>hangetsu gaeshi</i> <i>suigetsu gaeshi</i> <i>mikazuki gaeshi</i>
	◆ <i>Kakuritsu Ken</i> <i>sokuto geri hiki ashi nami gaeshi</i> <i>mawashi geri sambo uke nami gaeshi</i> <i>dan geri sambo uke dan geri gaeshi</i>	◆ <i>Chio Ken</i> <i>fukko chi ni</i>
	◆ <i>Ryu'o Ken</i> <i>uchi nuki (katate, ryote)</i>	◆ <i>Ryu'o Ken</i> <i>age nuki</i>
	◆ <i>Ryuka Ken</i> <i>morote gyaku gote</i> <i>gyaku te nage</i> <i>shita uke geri kote nage</i> <i>ryu nage</i> <i>soto maki tembin</i> <i>morote okuri gote</i> <i>tsuri otoshi</i> <i>okuri hiji zeme</i> <i>nuki uchi oshi gote</i> <i>kiri kaeshi maki tembin</i> <i>kiri kaeshi tembin</i>	◆ <i>Ryuka Ken</i> <i>nigiri kaeshi</i> <i>maki komi gote</i> <i>morote okuri gote nage</i> <i>konoha okuri</i> <i>okuri yubi gaeshi</i> <i>okuri tsuki taoshi</i> <i>okuri shishi dori</i> <i>furisute omote nage</i> <i>koshi kujiki</i> <i>kiri kaeshi gote</i> <i>kiri kaeshi nage</i> <i>morote kiri kaeshi nage</i> <i>konoha gaeshi</i> <i>idori okuri gote</i> <i>idori gyaku gote</i> <i>idori oshi gote</i>
	◆ <i>Goka Ken</i> <i>uwa uke nage</i> <i>uwa uke gyaku te nage</i> <i>hiki tembin</i> <i>gyaku hiki tembin</i>	
	◆ <i>Kongo Ken</i> <i>okuri tembin dori (two types)</i> <i>tate ichiji gatame</i> <i>sekoshi ichiji gatame</i> <i>tsuri age dori</i> <i>tsuri age ura gatame</i> <i>kumo garami</i> <i>ura gassho gatame</i> <i>ura hiza gatame</i> <i>ryu gatame</i>	◆ <i>Goka Ken</i> <i>uwa uke se nage</i> <i>katate nage</i> <i>okuri katate nage</i> <i>gyaku katate nage</i> <i>ryote katate nage</i> <i>morote katate nage</i> <i>gassho hiki tembin</i>
	◆ <i>Rakan Ken</i> <i>hiki muna otoshi</i> <i>ryo muna otoshi</i> <i>maki otoshi</i> <i>soto maki otoshi</i>	◆ <i>Kongo Ken</i> <i>osae yubi gatame</i> <i>konoha gatame</i> <i>gassho okuri dori</i> <i>gyaku te gatame</i> ◆ <i>Rakan Ken</i> <i>sode guchi dori</i> <i>sode guchi maki</i> <i>sode maki gaeshi</i> <i>sukui kubi nage</i> <i>kata uchi nage</i>

4th dan	5th dan	6th dan
◆ <i>Ryu'o Ken</i>	◆ <i>Rakan Appo</i>	◆ <i>Rakan Appo</i>
<i>ashi nuki</i> (two types)	(Pressure points mainly on <i>seichu sen</i> , central line of the body) <i>nichigetsu zeme</i> <i>sankaku zeme</i> <i>jinchu zeme</i> <i>gekon zeme</i> <i>bukkotsu zeme</i> <i>danchu zeme</i> <i>san'in zeme</i> <i>gyokkotsu zeme</i> <i>soin zeme</i>	<i>seimon zeme</i> <i>nichigetsu zeme</i> <i>sankaku zeme</i> <i>jinchu zeme</i> <i>gekon zeme</i> <i>yongo zeme</i> <i>sango zeme</i> <i>furin zeme</i> <i>mimi zeme</i> <i>dokko zeme</i> <i>keimyaku zeme</i> <i>bukkotsu zeme</i> <i>yoko keichu zeme</i> <i>ushiro keichu zeme</i> <i>temmon zeme</i> <i>fuchi zeme</i> <i>danchu zeme</i> <i>shikoro zeme</i> <i>tsurigane zeme</i> <i>kenko zeme</i> <i>hakuin zeme</i> <i>hakuyo zeme</i> <i>chuin zeme</i> <i>chuyo zeme</i> <i>chukoku zeme</i> <i>tokotsu zeme</i> <i>summyaku zeme</i> <i>gokoku zeme</i> <i>shikoku zeme</i> <i>shokoku zeme</i> <i>yako zeme</i> <i>kaimon zeme</i> <i>san'in zeme</i> <i>gyokkotsu zeme</i> <i>soin zeme</i>
◆ <i>Ryuka Ken</i>	◆ <i>Ryuka Ken</i>	
<i>gassho gyaku gote</i> <i>gyaku gassho nage</i> (two types) <i>okuri gassho</i> (two types) <i>kumade gaeshi</i> (katate, ryote) <i>katate nage kiri kaeshi</i> <i>gassho choji</i> <i>gassho tsuki otoshi</i>	<i>okuri kannuki gote</i> <i>omote kumade gaeshi</i> <i>okuri hiji zeme omote</i> <i>choji nage</i> <i>gyaku konoha gaeshi</i> <i>konoha choji</i> <i>okuri gassho konoha nage</i>	
◆ <i>Goka Ken</i>	◆ <i>Goka Ken</i>	
<i>oshi uke nage</i> <i>oshi uke maki nage</i> <i>gassho katate nage</i> <i>kannuki soto tembin</i> <i>tembin nage</i>	<i>kannuki katate nage</i> <i>katate kannuki nage</i> <i>ryote kannuki nage</i> <i>kannuki nai tembin</i> <i>osae kannuki nage uchi</i> <i>osae kannuki nage soto</i> <i>bukkotsu nage</i> <i>harai bukkotsu nage</i> <i>ushiro bukkotsu nage</i>	
◆ <i>Kongo Ken</i>	◆ <i>Kongo Ken</i>	
<i>kannuki okuri</i> (dori) <i>mae ude gatame</i> <i>ushiro ude gatame</i> <i>sankaku gatame</i>	<i>soto gyaku te dori</i> <i>uchi gyaku te dori</i>	
◆ <i>Rakan Ken</i>	◆ <i>Rakan Ken</i>	
<i>gyaku sode dori</i> <i>ushiro sode maki</i> (dori) <i>okuri eri dori</i> <i>ushiro eri dori</i> (omote, ura) <i>hangetsu kubi nage</i> <i>maki uchi kubi nage</i> <i>yahazu nage</i> <i>kubijime nage</i> <i>kubijime shuho juji nage</i> <i>kenjime dori</i> <i>omote nage</i> <i>ura nage</i> <i>ushiro kari daoshi</i> <i>gyaku sode maki</i> <i>ushiro kubi nage</i>	<i>sode juji</i> <i>tekubi dori</i> <i>choji dori</i> <i>shikumi koshi nage</i> <i>maegami dori</i> <i>obi dori</i> <i>sode dori nai tembin</i> <i>sode maki gaeshi ura</i> <i>okuri eri dori omote</i> <i>shikumi nai tembin</i> <i>kubijime nage omote</i> <i>tora daoshi</i> (two types) <i>hasami daoshi</i> (each type) <i>fukko daoshi</i> (each type)	

MEMO

APPENDIX 2

Contents of
Shorinji Kempo Grading Examinations

Issued by SHORINJI KEMPO UNITY

Examination Prerequisites List

Rank	Examination Prerequisites	Study Sessions Attended	Age	Remarks
2nd Dan	From certification of 1st Dan, 150 days or more of practice over at least a 1-year period, and the completion of the entire 2nd Dan curriculum		13 or older	
3rd Dan	From certification of 2nd Dan, 150 days or more of practice over at least a 1-year period, and the completion of the entire 3rd Dan curriculum		17 or older	
4th Dan	From certification of 3rd Dan, 580 days or more of practice over at least a 4-year period, and the completion of the entire 4th Dan curriculum	2 sessions or more after attaining 3rd Dan	20 or older	
5th Dan	From certification of 4th Dan, 1,160 days or more of practice over at least a 8-year period, and the completion of the entire 5th Dan curriculum	6 sessions or more after attaining 4th Dan	24 or older	
6th Dan	From certification of 5th Dan, 2,160 days or more of practice over at least a 15-year period, and the completion of the entire 6th Dan curriculum.	8 sessions or more after attaining 5th Dan	35 or older	

【Supplemental Information】

Requirements for those who are attending or completed the practice opportunities of profound study and practice approved by Shike

ex. Budo Specialist Course (*Busen*) in Japan, or study sessions given by Shorinji Kempo Unity

Rank	Examination Prerequisites	Study Session Attended	Age	Remarks
2nd Dan	Attendance of a minimum 150 days of practice over at least a 1-year period and completion of the entire 2nd Dan curriculum.		13 or older	Shokenshi certified at the same time
3rd Dan	Attendance of a minimum 150 days of practice over at least a 1-year period and completion of the entire 3rd Dan curriculum.		17 or older	Chukenshi certified at the same time
4th Dan	Attendance of a minimum 440 days of practice over at least a 3-year period and completion of the entire 4th Dan curriculum.	1 session or more after attaining 3rd Dan	20 or older	Seikenshi certified at the same time
5th Dan	Attendance of a minimum 720 days of practice over at least a 5-year period and completion of the entire 5th Dan curriculum.	4 sessions or more after attaining 4th Dan	24 or older	
6th Dan	Attendance of a minimum 1,440 days of practice over at least a 10-year period and completion of the entire 6th Dan curriculum.	5 sessions or more after attaining 5th Dan	35 or older	

Information about Dan Examinations

1. Examinees must fulfill the examination prerequisites.
2. Kenshi cannot take an examination without the approval of their branch master/coach even if they fulfill the minimum requirements for length of practice.
3. Home assignments must be submitted to the WSKO through the applicant's branch master after his/her approval.

Information about Special Dan Examinations

1. Examinees must fulfill the examination prerequisites.
2. Kenshi cannot take an examination without the approval of their branch master/coach even if they have fulfilled the minimum requirements for length of practice.
3. Special Dan examinations for 4th Dan and above can be only given at the Shorinji Kempo headquarters.
4. Home assignments must be submitted to the WSKO through the applicant's branch master after his/her approval.

[2nd Dan Examination Contents]

◎ Philosophy Examination

1. Home assignments to be completed prior to examination

- (1) Describe Shorinji Kempo is a discipline (*Gyo*) that Develops Individuals
- (2) The Symbols and Activities of Shorinji Kempo

2. Supervised essay examination (100 points)

Examinees will be asked to write essays on the four subjects chosen from 1) through 9) below at the examination.

- 1) The Six Distinguishing Characteristics of Shorinji Kempo
- 2) Motivation and Goals for the Founding of Shorinji Kempo
- 3) The Three Techniques of *Ken*
- 4) The Three Essentials of *Ken*
- 5) The Technical Principles of Shorinji Kempo Practice
- 6) The Practice of *Chinkon*
- 7) The Classification System of Shorinji Kempo Techniques
- 8) Mind, *Ki*, and Strength
- 9) Describe Shorinji Kempo is a discipline (*Gyo*) that Develop Individuals

◎ Technical Examination

1. Basic Techniques (100 points)

- (1) *Tai gamae*, *tai sabaki* and *umpo ho* (10 points)
Perform required *tai gamae*, *tai sabaki*, and *umpo ho*.
- (2) *Ukemi* (10 points)
Perform required types of *ukemi*.
- (3) Basic Offense Techniques (10 points)
Perform required basic attacking techniques.
- (4) Basic Defensive Techniques (10 points)
Perform required defensive techniques. Counterattack after defending.
- (5) Defensive Techniques while Moving (10 points)
Perform required defensive techniques while in motion.
- (6) *Tan'en kihon hokei* (20 points)
Tenchi Ken Dai-ikkei through *Dai-rokkei* (right and left),
Giwa Ken Dai-ikkei and *Dai-nikei*, *Byakuren Ken Dai-ikkei*, *Ko Manji Ken*
- (7) *Tan'en kihon hokei* (paired form) (30 points)
Tenchi Ken Dai-ikkei and *Dai-nikei*, *Giwa ken Dai-ikkei*

2. Selected Techniques (100 points)

Examinees are required to perform five *goho* (50 points) and five *juho* (50 points) techniques selected from all techniques up through 2nd Dan. Three or more *goho* and *juho* techniques will be chosen from the 2nd Dan curriculum.

Perform both right and left sides for overall evaluation.

3. *Kumi 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) *Tai ten ichi* and *keri ten san*

Defender: After performing *tai ten ichi*, counterattack with *san ren ko* of *jodan zuki*, *chudan zuki*, and *mawashi geri*.

(2) *Jun geri chi san* and *tsuki ten ni*

Defender: After performing *jun geri chi san*, return attack with two continuous *tsuki* to *jodan*.

(3) *Ryu nage* continued to *ryu gatame*

(4) *Morote gyaku gote* Offence: *ippon se nage*

(5) *Shita uke geri kote nage* continued to *tembin gatame (ura)*

(6) *Uwa uke nage* continued to *kannuki gatame*

4. *Un'yo ho* (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* Applications (50 points)

Offence: Initiate attacking but limited to *tsuki* and *keri* to *jodan* and *chudan*.

Defender: Free to choose counterattacking techniques.

(2) *Juho* Applications (50 points)

Offence: Initiates attacks by grabbing hold of the wrist, sleeve or collar of the defending opponent.

Defender: Applies defenses from *Ryu'o Ken*, *Ryuka Ken* and *Rakan Ken* techniques followed by a counterattack.

[3rd Dan Examination Contents]

◎Philosophy Examination

1. Home Assignments to be Completed Prior to Examination

- (1) The Six Distinguishing Characteristics of Shorinji Kempo
- (2) Describe the History and Founding of Shorinji Kempo

2. Supervised Essay Examination (100 points)

Examinees will be asked to write essays on the three subjects chosen from (1) through (5), and one subject chosen from (6) below at the examination.

- (1) The History and Founding of Shorinji Kempo
- (2) On *Sen* (Initiative)
- (3) *Ma'ai* and Opportunities for Offense and Defense
- (4) Shorinji Kempo Symbols and Activities
- (5) Describe the Six Distinguishing Characteristics of Shorinji Kempo
- (6) Pressure Points
 - 1) Head, Face, and Neck (22 points)
 - 2) Arm and Hand (15 points)
 - 3) Leg and Foot (21 points)
 - 4) Chest and Stomach (12 points)

◎ Technical Examination

1. Basic techniques (100 points)

- (1) *Tai gamae*, *tai sabaki* and *umpo ho* (10 points)
Perform required *tai gamae*, *tai sabaki*, and *umpo ho*
- (2) *Ukemi* (10 points)
Perform required types of *ukemi*.
- (3) Basic Offense Techniques (10 points)
Perform required basic attacking techniques.
- (4) Basic Defense Techniques (10 points)
Perform required defense techniques. Counterattack after defending.
- (5) Defensive Techniques while Moving (10 points)
Perform required defense techniques while in motion.
- (6) *Tan'en kihon hokei* (20 points)
Tenchi Ken Dai-ikkei through *Dai-rokkei* (right and left),
Giwa Ken Dai-ikkei and *Dai-nikei*, *Byakuren Ken Dai-ikkei*,
Ko Manji Ken (second direction is *Ryu'o Ken Dai-ikkei*, fourth direction is *Ryu No Kata*)
- (7) *Tan'en kihon hokei* (paired form) (30 points)
Tenchi Ken Dai-ikkei and *Dai-nikei*, *Giwa Ken Dai-ikkei*

2. Selected Techniques (100 points)

Examinees are required to perform five *goho* (50 points) and five *juho* (50 points) techniques selected from all techniques up through 3rd Dan. Three or more *goho* and *juho* techniques will be chosen from the 3rd Dan curriculum.

Perform both right and left 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) *Kusshin geri tenkai ren geri*

(2) *Mikazuki gaeshi kari ashi*

(3) *Morote kiri kaeshi nage*

Offence: *ude ushiro neji age*

(4) *Ryote katate nage* continued to *kannuki gatame*

(5) *Keri ten ichi sukui nage*

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

Offence: Attack with grabbing the sleeve of the defender and deliver *ashi barai*.

4. *Un'yo ho* (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 40. Optional for age 50 and above.

(1) *Goho* Application (50 points)

Offence : Initiate attacking but limited to *tsuki* and *keri* to *jodan* and *chudan*.

Defence: Free to choose counterattacking techniques.

(2) *Juho* Application (50 points)

Offence: Initiate attacks by grabbing hold of the wrist, sleeve or collar of the defending opponent.

Defence: Apply defenses from *Ryu'o Ken*, *Ryuka ken* and *Rakan Ken* techniques followed by a counterattack.

[4th Dan Examination Contents]

◎ Philosophy Examination

1. Home assignments to be completed prior to examination

- (1) Describe the Motive and Purpose of the Founding Shorinji Kempo and its organization
(If in Japanese, between 2,000 and 4,000 characters. If in other language, between 1,000 and 1,600 words.)
- (2) Describe What You Have Gained by Training in Shorinji Kempo
(If in Japanese, between 2,000 and 4,000 characters. If in other language, between 1,000 and 1,600 words.)

2. Supervised Essay Examination (100 points)

Two questions from the following list will be chosen on the day of examination.

- (1) Describe the Purpose of Founding Shorinji Kempo Based on the Founder's Experience.
- (2) Describe the Goals of Shorinji Kempo and its Training Method.
- (3) Describe the Pain of Living and a Way to Resolve that Pain.
- (4) Describe the "Spirituality" of Humans.

◎ Technical Examination

1. Basic techniques (100 points)

- (1) *Tai gamae* and *tai sabaki* (10 points)

Byakuren Hachi-jin, Giwa Kyu-jin

- (2) *Tan'en kihon hokei* (40 points)

Tenchi Ken Dai-ikkei through *Dai-rokkei*, *giwaken Dai-ikkei* and *dai nikei*,

Byakuren Ken Dai-ikkei, *Ko Manji Ken* (second direction is *Ryu'o Ken Dai-ikkei*, fourth direction is *ryu no kata*)

An examinee counts orders.

- (3) Selected techniques from technique families (50 points)

The examiner will choose a total of five techniques, one from each of the techniques families listed below from among all the techniques up through 1st Dan.

- | | |
|---|---|
| 1) <i>Sango Ken</i> or <i>Ten'o Ken</i> | 2) <i>Byakuren Ken</i> |
| 3) <i>Kakuritsu Ken</i> | 4) <i>Ryu'o Ken</i> 5) <i>Ryuka Ken</i> |

2. Selected techniques (100 points)

The examiner will choose five *goho* techniques (50 points) and five *juho* techniques (50 points) out of all techniques from 2nd Dan up through 4th Dan.
Perform both right and left 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) *Gedan gaeshi* continued to *tobi ren geri*
- (2) *Chudan gaeshi* continued to *uchi uke zuki*
- (3) *Kubijime shuho juji nage*
- (4) *Maki komi gote*
- (5) *Oshi uke maki nage*
- (6) *Hangetsu gaeshi sukui kubi nage, fukko chi ni*

4. *Un'yo ho* (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* Application (50 points)

Offence: Initiate attacking but limited to *tsuki* and *keri* to *jodan* and *chudan*.

Defence: Free to choose counterattacking techniques.

(2) *Juho* Application (50 points)

Offence: Initiate attacks by grabbing hold of the wrist, upper arm, upper sleeve, or collar of the defender.

Defence: Apply defenses from *Ryu'o Ken*, *Ryuka Ken* and *Rakan Ken* techniques followed by a counterattack.

[5th Dan Examination Contents]

◎ Philosophy Examination

1. Home assignments to be completed prior to examination

(1) Describe Shorinji Kempo as a Discipline for the Purpose of Developing Individuals.

(If in Japanese, between 2,000 and 4,000 characters. If in other language, between 1,000 and 1,600 words.)

(2) Describe what you would like to relay to your juniors by training in Shorinji Kempo.

(If in Japanese, between 2,000 and 4,000 characters. If in other language, between 1,000 and 1,600 words.)

2. Supervised Essay Examination (100 points)

(Two subjects will be chosen from the list below.)

(1) Describe Shorinji Kempo as a discipline (*Gyo*) that Develop Individuals.

(2) Describe the role and significance of leaders in Shorinji Kempo.

(3) Describe the origin of the martial technique (*Bujutsu*) and the significance of martial arts (*Budo*) in today's world.

(4) Describe the need for strength in life, and the right way to employ strength.

3. Oral Examination

◎ Technical Examination

1. Basic techniques (100 points)

(1) *Tai gamae* and *Tai sabaki* (10 points)

Byakuren Hachi-jin, *Giwa Kyu-jin*

(2) *Tan'en kihon hokei* (40 points)

Tenchi Ken Dai-ikkei through *Dai-rokkei* (right and left),

Giwa ken Dai-ikkei and *Dai-nikei*, *Byakuren Ken Dai-ikkei*,

Ko Manji Ken (second direction is *Ryu'o Ken Dai-ikkei*, fourth direction is *Ryu No Kata*)

An examinee counts orders.

(3) Selected techniques from *Ken* family line (50 points)

The examiner will choose the total five techniques by one each of techniques from the following *Ken* family lines from among all the techniques up through 1st Dan.

a) *Sango Ken* or *Ten'o Ken*

b) *Byakuren Ken*

c) *Kakuritsu Ken*

d) *Ryu'o Ken*

e) *Rakan Ken*

2. Selected techniques (100 points)

The examiner will choose five *goho* techniques and five *juho* techniques out of all techniques from 2nd Dan up through 5th Dan. *Rakan Appo* is excluded.

Perform both right and left 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) *kote nage* against *sashikomi mawashi geri* and *jo chu ni ren zuki*

(2) *keri ten san* continued to *tora daoshi*

(3) *katate nage kiri kaeshi*

(4) *furisute omote nage*

(5) *uwa uke tembin nage*

(6) *kaishin zuki* continued to *osae kannuki nage soto*

4. *Un'yo ho* (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* Application (50 points)

Offence: Initiate attacking but limited to *tsuki* and *keri* to *jodan* and *chudan*.

Defence: Free to choose counterattacking techniques.

(2) *Juho* Application (50 points)

Offence: Initiate attacks by grabbing hold of opponent's wrist, sleeve or collar of a defender.

Defense: Apply defenses out of *Ryu'o Ken*, *Ryuka Ken* and *Rakan Ken* techniques followed by a counterattack.

[6th Dan Examination Contents]

◎ Philosophy Examination

1. Home assignments to be completed prior to examination

(1) Describe how to succeed the original purposes of Shorinji Kempo.

(If in Japanese, between 2,000 and 4,000 characters. If in other language, between 1,000 and 1,600 words.)

(2) Discuss how to demonstrate to society your own improvement through the practice of Shorinji Kempo.

(If in Japanese, between 2,000 and 4,000 characters. If in other language, between 1,000 and 1,600 words.)

2. Oral Examination

◎ Technical Examination

1. Basic techniques (100 points)

(1) *Tai gamae* and *tai sabaki* (10 points)

Byakuren Hachi-jin, Giwa Kyu-jin

(2) *Tan'en kihon hokei* (40 points)

Tenchi Ken Dai-ikkei through *Dai-rokkei* (right and left),

Giwa ken Dai-ikkei and *Dai-nikei*, *Byakuren Ken Dai-ikkei*,

Ko Manji Ken (second direction is *Ryu'o Ken Dai-ikkei*, fourth direction is *Ryu No Kata*)

One examinee counts orders.

(3) Selected techniques from *Ken* family line (50 points)

The examiner will choose the total five techniques by one each of techniques from the following *Ken* family lines from among all the techniques up through 1st Dan.

a) *Sango Ken* or *Ten'o Ken* b) *Byakuren Ken*

c) *Kakuritsu Ken* d) *Ryu'o Ken* e) *Rakan Ken*

2. Selected techniques (200 points)

The examiner will choose ten *goho* techniques and ten *juho* techniques out of all techniques from 2nd Dan through 5th Dan. *Rakan Appo* is excluded. Perform both right and left sides for overall evaluation.

3. *Un'yo ho* (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* Application (50 points)

Offence: Initiates attacking but limited to *tsuki* and *keri* to *jodan* and *chudan*.

Defense: Free to choose counterattacking techniques.

(2) *Juho* Application (50 points)

Offence: Initiates attacks by grabbing hold of opponent's wrist, sleeve or collar of a defender.

Defense: Applies defenses out of *Ryu'o Ken*, *Ryuka Ken* and *Rakan Ken* techniques followed by a counterattack.

Dan examination and special Dan examination Paired Embu

One examinee defends for (1), (3), (5) and the other defends for (2), (4), (6). The examiner will choose the side.

2nd Dan Examination

- (1) *Taiten ichi* and *keri ten san*

After performing *tai ten ichi*, the defender should counterattack with a triple continuous attack of *jodan zuki*, *chudan zuki*, and *mawashi geri*.

- (2) *Jun geri chi san* and *Tsuki ten ni*

After performing *jun geri chi san*, defender should return attack with two continuous *tsuki* to *jodan*.

- (3) *Ryu nage* continued to *ryu gatame*

- (4) *Morote gyaku gote* Offence: *Ippon se nage*

- (5) *Shita uke geri kote nage* continued to *Tembin gatame* (*Ura*)

- (6) *Uwa uke nage* continued to *Kannuki gatame*

3rd Dan Examination

- (1) *Kusshin geri tenkai ren geri*

- (2) *Mikazuki gaeshi kari ashi*

- (3) *Morote kiri kaeshi nage* Offence: *ude ushiro neji age*

- (4) *Ryote katate nage* continued to *kannuki gatame*

- (5) *Keri ten ichi sukui nage*

- (6) *Sode maki gaeshi* continued to *kannuki gatame*

Offence: Attack with grabbing the sleeve of the defender and *ashi barai*.

4th Dan Examination

- (1) *Gedan gaeshi* continued to *tobi ren geri*

- (2) *Chu dan gaeshi* continued to *uchi uke zuki*

- (3) *Kubijime shuho juji nage*

- (4) *Maki komi gote*

- (5) *Oshi uke maki nage*

- (6) *Hangetsu gaeshi sukui kubi nage*, *fukko chi ni*

5th Dan Examination

- (1) *Kote nage*, against *sashikomi mawashi geri* and *jo chu ni ren zuki*

- (2) *Keri ten san* continued to *tora daoshi*

- (3) *Katate nage kiri kaeshi*

- (4) *Furisute omote nage*

- (5) *Uwa uke tembin nage*

- (6) *Kaishin zuki* continued to *osae kannuki nage soto*

Table for Subjects for Supervised Essay Examinations and Homework Assignments

	Supervised Essay Examination		Home assignment to be completed prior to examination	
2nd Dan	1	The three essentials of <i>Ken</i> (<i>Gi, Jutsu, Ryaku</i>)	1	Shorinji Kempo is a discipline (<i>Gyo</i>) that develop individuals
	2	Quotations from Kaiso	2	The symbols and activities of Shorinji Kempo
	3	Lecture, current events, study		
3rd Dan	1	Quotations from Kaiso	1	The six distinguishing characteristics of Shorinji Kempo
	2	Lecture, current events, study	2	History and founding of Shorinji Kempo
4th Dan	1	Study <i>Tokuhon</i> and Children's <i>Tokuhon</i> , and give lectures	1	The motive and purpose of the founding Shorinji Kempo and its organization
	2	Read and study Shorinji Kempo literature		
	3	Study life (aging, sickness) and death, or thanatology	2	What you have gained by training in Shorinji Kempo
	4	Study the History of the <i>Showa</i> Era and Contemporary History		
	5	Study "how to act in extreme circumstances" by Kaiso Doshin So.		
5th Dan	1	Study <i>Tokuhon</i> and Children's <i>Tokuhon</i> , and give lectures	1	Discuss Shorinji Kempo as a practice for developing individuals
	2	Read and study Shorinji Kempo Literature		
	3	The structure of Shorinji Kempo or the structure of the community of practitioners; the study of the way leadership should be (discourse on structure and discourse on leadership)	2	Discuss what you want to convey to your juniors in teaching Shorinji Kempo
	4	Study <i>Budo</i> and how its practice should be.		
	5	How to conduct the practice of <i>Chinkon Gyo</i> , as well as the study of <i>Dokun</i> and other		
	6	Study of <i>zaho</i> (how to sit) and <i>chosoku ho</i> (breathing exercises).		
6th Dan	1	Study <i>Tokuhon</i> and Children's <i>Tokuhon</i> , and give lectures	1	How to succeed the original purposes of Shorinji Kempo
	2	Read and study Shorinji Kempo literature		
	3	Study of current events in order to promote the world peace and happiness.	2	Discuss how to demonstrate to society your own improvement through the practice of Shorinji Kempo.
	4	Study of the body conditioning (including warm-up and cool-down exercise, and emergency response)		
	5	Study the theory of <i>Sampo</i> ; the principle of the three systems of technique in Shorinji Kempo		

Shorinji Kempo Curriculum for *Yudansha*

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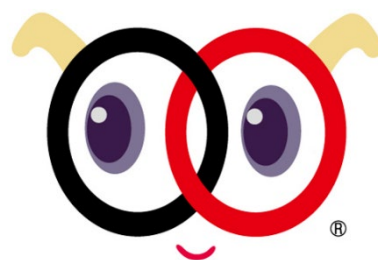
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少林寺拳法