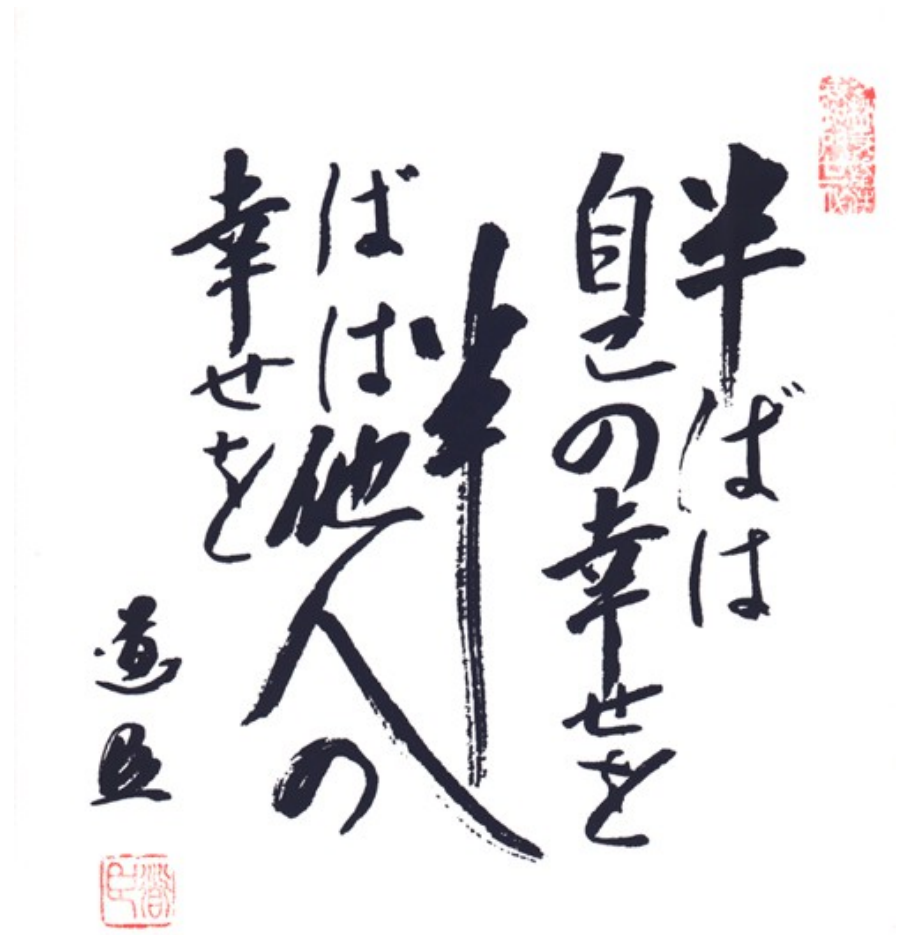




Juniors Syllabus





“Live half for yourself and half for others”
So Doshin

White belt



Yellow tip

Tan-en kihon– single form practice: basics

Tsuki – punches, all from *Kaisoku chudan gamae, migi / hidari* (left / right)

Me uchi – flick to the eyes with back of fingers

Kumade zuki – 'bear paw' strike with heel of hand

Choku zuki – straight punch with closed fist

Uke – blocks, from *Kaisoku chudan gamae, migi / hidari* (left / right)

Uchi uke – block across face from outside to inside, open hand

Kata – set forms

Tenchi ken #1, first half (3 punches) – Fist of Heaven & Earth

Sotai – pair form practice

Goho – strikes & blocks, any stance, *migi / hidari* (left / right)

Attack: choku zuki; defence: uchi uke

Nuki – escapes, any stance, *migi / hidari* (left / right)

Attack: grab inside of opposite wrist; defence: kote nuki – twist out

Jinkei – stances and footwork

Kamae – stances

Kesshu gamae – stand to attention, hands & feet together

Kaisoku chudan gamae – feet parallel, forearms / fists horizontal

Umpo & tai sabaki – footwork & movement

Migi / hidari – move right / left

Vocabulary

Rei / naore – salute with palms together / put hands down

Migi / hidari – right / left

Hai – yes;

Sensei - teacher

Minimum attendance – 6 classes; minimum age – 5 years

Yellow tip



Orange tip

Tan-en kihon– single form practice: basics

Tsuki – punches, all from *Kaisoku chudan gamae, migi / hidari* (left / right)

Shuto uchi – chop down from above using rigid hand

Keri – kicks, all from *Kaisoku chudan gamae, migi / hidari* (left / right)

Kinteki geri – light kick to the groin, foot flat

Choku geri – straight kick to mid-level with ball of foot, toes back

Uke – blocks, from *Kaisoku chudan gamae, migi / hidari* (left / right)

Uwa uke – upwards block from opposite shoulder, open hand

Kata – set forms

Tenchi ken #1, second half (3 blocks, 1 kick) – Fist of Heaven & Earth

Sotai – pair form practice

Goho – strikes & blocks, any stance, *migi / hidari* (left / right)

Attack: shuto uchi; defence: uwa uke

Nuki – escapes, any stance, *migi / hidari* (left / right)

Attack: grab outside of same side wrist; defence: maki nuki – twist

Jinkei – stances and footwork

Kamae – stances

Chudan gamae – one foot forward, hands in fists

Umpo & tai sabaki – footwork & movement

Mae / ato – move forward / back

Sashi kae ashi – step forward to the opposite stance

Ukemi - rolls

Forward roll

Vocabulary

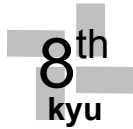
Count 1 to 10; Kiai – shout; Zuki – punch; Nuki - escape

Mae / ato – forward / back; Kamae – (get into) stance

Dokun Seiku

Minimum attendance – 6 classes; minimum age – 5½ years

Orange tip



Green tip

Tan-en kihon– single form practice: basics

Tsuki – punches, from *chudan gamae*, *migi / hidari* (left / right)

Gyaku zuki – back hand straight punch

Keri – kicks, from *chudan gamae*, *migi / hidari* (left / right)

Gyaku geri – back leg straight kick

Uke – blocks, from *ichiji gamae*, *migi / hidari* (left / right)

Uchi uke, uwa uke (both front hand)

Kata – set forms

Giwa ken #1, first half (2 punches, block, kick) – Fist of Righteous Harmony

Sotai – pair form practice

Goho – strikes & blocks, from *chudan gamae*, *migi / hidari* (left / right)

Attack: gyaku zuki; defence: tenshin

Nuki – escapes, from *chudan gamae*, *migi / hidari* (left / right)

Attack: grab same side upper arm; defence: johaku nuki

Jinkei – stances and footwork

Kamae – stances

Ichiji gamae – one foot forward, front hand flat

Umpo & tai sabaki – footwork & movement

Chidori ashi – diagonal forward step

Hiraki sagari – step back to opposite stance

Ukemi - rolls

Side (sausage) roll

Vocabulary

Jodan – upper level; Chudan – mid level; Uke – block

Geri – kick; Hajime – start; Yame - stop

Dokun Seigan

Minimum attendance – 8 classes; minimum age – 6 years

Green tip



Blue tip

Tan-en kihon– single form practice: basics

- Tsuki Jun zuki – front hand straight punch
- Jun shuto giri – front hand cut to side of neck
- Keri Jun geri – front leg straight kick
- Uke Shita uke – front hand block chudan area (mid level)
- Gyaku uwa uke – back hand upwards block
- Ryusui uke – dodge back and down, no hands, no step

Tan-en hokei – single form techniques

- Uchi uke zuki – front hand inside block, back hand punch to chudan
- Uwa uke zuki (ura) – back hand upwards block, front hand punch chudan

Kata – set forms

- Giwa ken #1, second half (turn to rear, 2 punches, block, kick)

Sotai – pair form practice

- Goho Attack: jun zuki; defence: ryusui uke
- Nuki Attack: grab same side raised forearm; defence: juji nuki

Jinkei – stances and footwork

- Kamae – stances
 - Hasso gamae – hands up (open) in front of face
- Umpo & tai sabaki – footwork & movement
 - Juji ashi – step to side crossing one leg in front / behind
 - Han tenkan – quarter turn (90°)

Ukemi Dai sharin - cartwheel

Vocabulary

- Jun – front side; Gyaku – back side; Shugo, Seiretsu – line up
- Chakuza – sit down; Kiritsu- stand up; Seiza – kneel; Anza – cross legged

Dokun Shinjo

Minimum attendance – 10 classes; minimum age – 6.5 years

Blue tip



Brown tip

Tan-en kihon– single form practice: basics

- Tsuki Gyaku furi zuki – back hand swing punch
Jo chu ni ren zuki – front / back combination, high / mid level
- Keri Jun / gyaku mawashi geri – front / back roundhouse kick
Jun / gyaku sokuto geri – front / back side kick
- Uke Soto uke – back hand outside block (closed fist)
Harai uke – front hand sweeping block (chudan)

Tan-en hokei – single form techniques

- Uwa uke geri – front hand upwards block, front leg kick
- Shita uke geri – front hand downwards block (chudan), back leg kick

Kata – set forms

- Tenchi ken #1 – whole; Giwa ken #1 - whole

Sotai – pair form practice

- Goho Attack: mawashi geri; defence: harai uke
Attack: furi zuki; defence: soto uke
- Nuki Attack: grab same side wrist (outside); defence: yori nuki

Jinkei – stances and footwork

- Kamae – stances
Gedan gamae – front hand low, closed fist
- Umpo & tai sabaki – footwork & movement
Kumo ashi – spider step to side, skipping movement
Zen tenkan – turn to face rear (180°)

Ukemi Bakwards roll

Vocab Gedan – low level; Kihon – basics; Chinkon – meditation

- Shin kokyu – get breath back; Shomen – front side
- O negai shimasu – please; Arigato gozaimashita – thank you

Student to tie own belt

Minimum attendance – 12 classes; minimum age – 7 years

Philosophy

Etiquette – How to behave in the Dojo

Take off shoes and socks and put neatly at the back with any other items

Rei to Sensei when entering the dojo

Listen to all instructions, and pay attention at all times

Treat fellow students with respect

Try your hardest and don't be afraid to give new things a go

Have fun!

Basic ideas of Kempo philosophy

Live half for yourself, and half for others

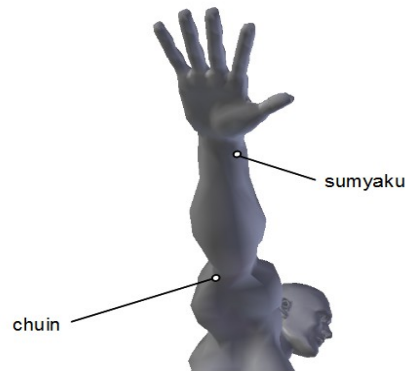
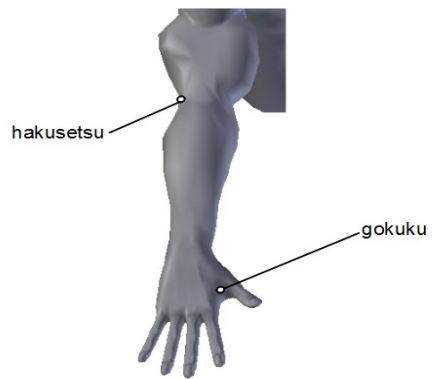
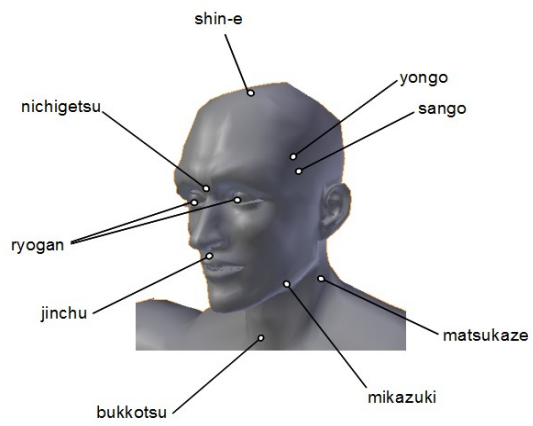
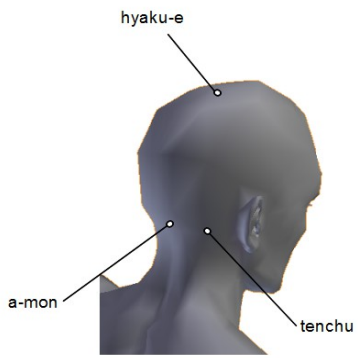
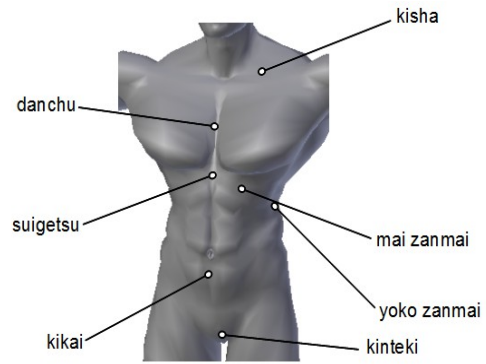
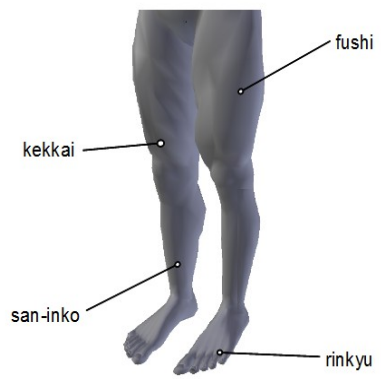
Rely on yourself and not on others

3 essentials of Kempo: self defence, healthy body, mental and spiritual development

Ken Zen Ichinyo – the unity of body and mind / soul / spirit

Riki Ai Funi – strength and love are not separate

Vital points





Seiku

1. Rely on yourself and not on others; no-one is as reliable as your own well-disciplined self.
2. By committing evil you defile yourself; by avoiding evil you attain purity.

Seigan

1. In acquiring this art we pledge to honour our founder and not betray our masters, to respect our elders and not slight the young; as comrades, we pledge to help each other and to co-operate for the accomplishment of these teachings.
2. We pledge to leave our past aside and devote ourselves to mastering the art as plainly and naively as infants.
3. We pledge never to perform our art for selfish reasons, but for the benefit of all mankind.

Shinjo

1. We are grateful that we are endowed with our souls from Dharma and our bodies from our parents; we determine to make every effort to return their blessings.
2. We love our country and determine to better the welfare of our people.
3. We love justice, respect humanity, observe courtesy, keep the peace and determine to be true and brave.
4. We strive to master the art and discipline the body and soul; we love our comrades and help each other; we co-operate and endeavour to establish an ideal world.