

Shorinji-ryu Renshinkan Karatedo

5 kyu

Kihon

Yakusokukumite

-shiko tsuki

1-5

-kuukan tsuki

-sonoba maegeri

-gedanbarai-sokutogeri

Zenshin-kotai

-shutouke

-jodanuke

-gedanbarai-chudan gyakutsuki

-chudanuke-chudan gyakutsuki

-enpi ate

-shomengeri

-shokutogeri

-Kenshuho migi/hidari

鍊心館

Shorinji-ryu Renshinkan Karatedo

4 kyu

Kihon

- shiko tsuki
- kuukan tsuki
- sonobamaegeri
- gedanbarai-sokutogeri
- gedanbarai-mawashigeri

Zenshin-kotai

- Shutouke
- jodanuke
- gedanbarai-chudan gyakutsuki
- chudanuke-chudan gyakutsuki
- enpi ate
- shomengeri
- ushirogeri
- shokutogeri
- Kenshuho migi/hidari

Yakusokukumite

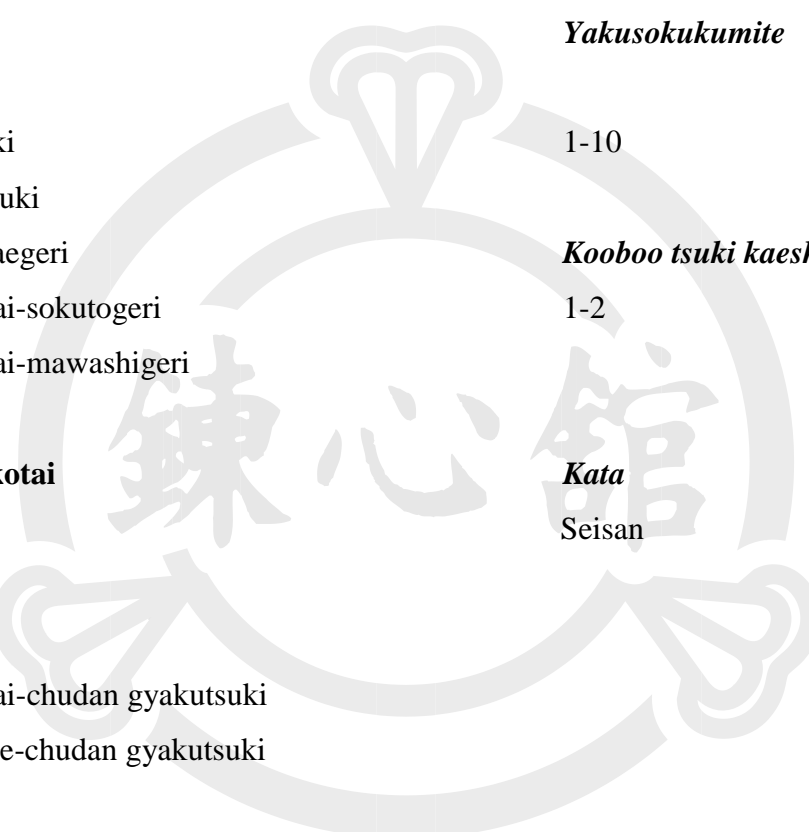
1-10

Kooboo tsuki kaeshi

1-2

Kata

Seisan



Shorinji-ryu Renshinkan Karatedo

3 kyu

Kihon

- shiko tsuki
- kuukan tsuki
- sonoba maegeri
- gedanbarai-sokutogeri
- gedanbarai-mawashigeri

Zenshin-kotai

- shutouke
- jodanuke
- gedanbarai shudan gyakutsuki
- chudanuke chudan gyakutsuki
- enpiate
- uraken uchi
- nagashi tsuki
- razen shuto uchi
- shomengeri
- ushirogeri
- uramawashigeri
- sokutogeri
- kenshuho migi/hidari

Yakusokukumite

1-20

Kooboo tsuki kaeshi

1-4

Nagewaza

1-2

Kata

Seisan

Ananku

Shorinji-ryu Renshinkan Karatedo

2 kyu

Kihon

- shikotsuki
- kuukantsuki
- sonoba maegeri
- gedanbarai-sokutogeri
- gedanbarai-mawashigeri

Zenshin-kotai

- shutouke
- jodanuke
- gedanbarai-chudan gyakutsuki
- chudanuke-chudan gyakutsuki
- enpiate
- uraken uchi
- razen shuto uchi
- nagashi tsuki
- shuto uchi
- shomengeri
- ushiromawashigeri
- ushirogeri
- uramawashigeri
- sokutogeri
- kenshuho migi/hidari

Yakusokukumite

1-30

Kooboo tsuki kaeshi

1-4

Nagewaza

1-5

Kata

Seisan

Ananku

Wanshu

Tankensabaki

1-2

Jiyu kumite

Shorinji-ryu Renshinkan Karatedo

1 kyu

Kihon

- shiko tsuki
- kuukan tsuki
- sonoba maegeri
- gedanbarai-sokutogeri
- gedanbarai-mawashigeri

Yakusokukumite

1-37

Kooboo tsuki kaeshi

1-4

Zenshin-kotai

- shutouke
- jodanuke
- gedanbarai-chudan gyakutsuuki
- chudanuke-chudan gyakutsuki
- uraken uchi
- nagashi tsuki
- enpiate
- razen shuto uchi
- shutouchi
- haitouchi
- shomengeri
- ushirogeri
- uramawashigeri
- ushiromawashigeri
- senbuengeri
- kakatogeri
- sokutogeri
- kenshuho migi/hidari

Nagewaza

1-5

Kata

Seisan

Ananku

Wanshu

Tanken sabaki

1-5

Jiyu kumite

Shorinji-ryu Renshinkan Karatedo

1 Dan

Kihon & Zenshin-kotai

Kaikki aiemmat tekniikat osattava

Yakusokukumite

1-37

Kooboo tsuki kaeshi

1-4

Nagewaza

1-7

Tankensabaki

1-5

Kata

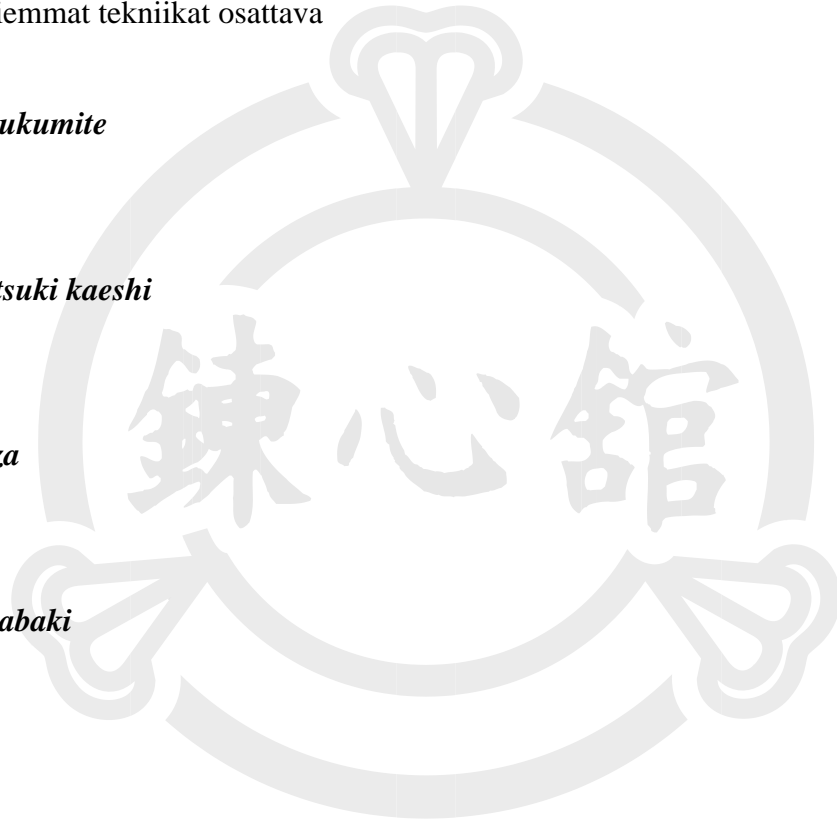
Seisan

Ananku

Wanshu

Chinto

Jiyu kumite



Shorinji-ryu Renshinkan Karatedo

2 Dan

Kihon & Zenshin-kotai

Kaikki aiemmat tekniikat osattava

Yakusokukumite

1-37

Kooboo tsuki kaeshi

1-4

Nagewaza

1-10

Tankensabaki

1-7

Kata

Seisan

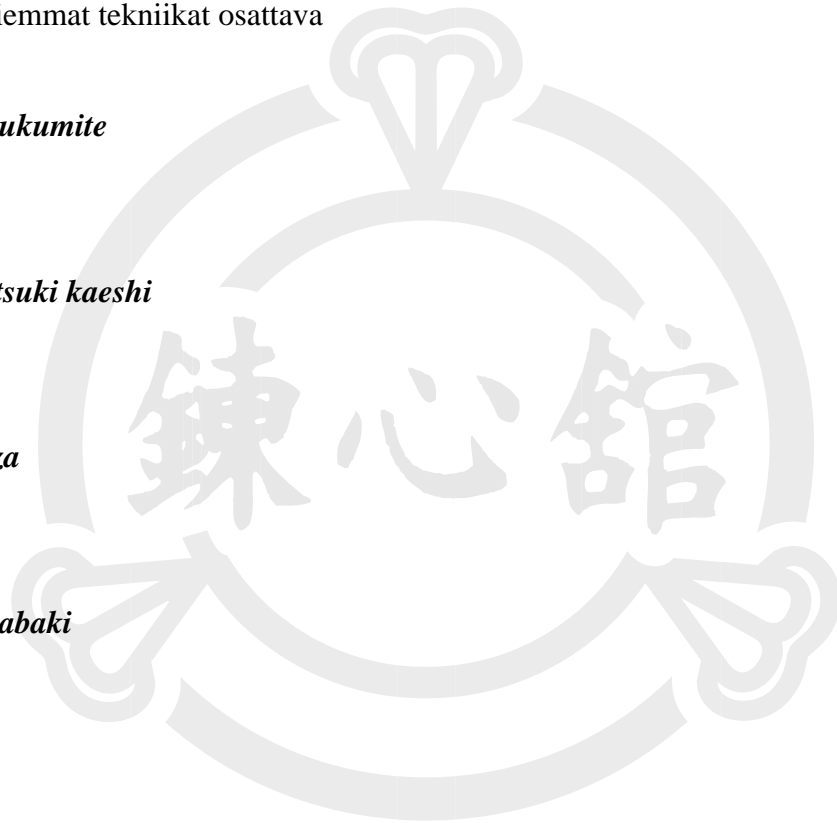
Ananku

Wanshu

Chinto

Gojushiho

Jiju kumite



Shorinji-ryu Renshinkan Karatedo

3 Dan

Kihon & Zenshi-kotai

Kaikki aiemmat tekniikat osattava

Yakusokukumite

1-37

Kooboo zuki kaeshi

1-4

Nagewaza

1-15

Tankensabaki

1-9

Kata

Seisan

Ananku

Wanshu

Chinto

Gojushiho

Bassai

Jiyu kumite

