

# 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

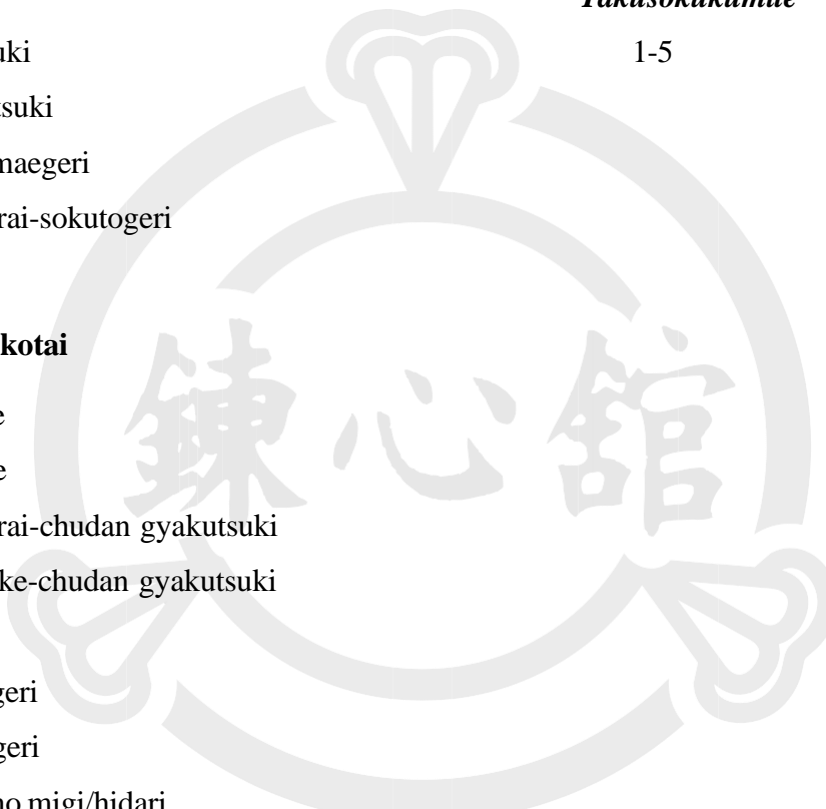
-enpi ate

-shomengeri

-shokutogeri

-Kenshuho migi/hidari

-Go no Kamae



# 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
- Go no Kamae

### *Yakusokukumite*

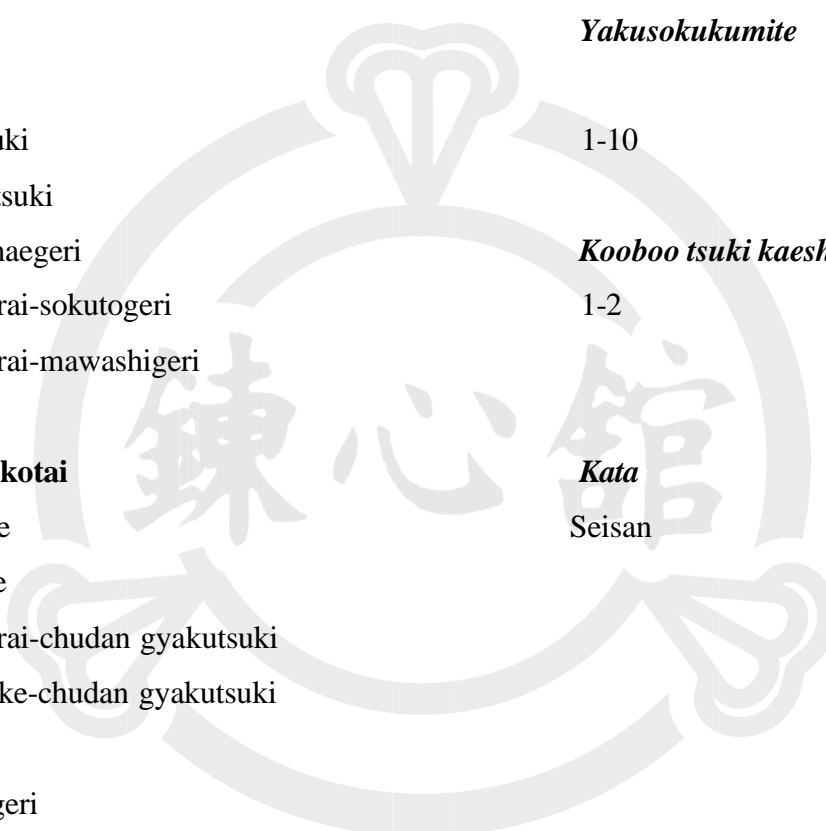
1-10

### *Kooboo tsuki kaeshi*

1-2

### *Kata*

Seisan



# Shorinji-ryu Renshinkan Karatedo

## 3 kyu

### *Kihon*

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

### *Yakusokukumite*

1-20

### *Kooboo tsuki kaeshi*

1-4

### *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
- Go no Kamae

### *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
- sotai
- kenshuho migi/hidari
- Go no Kamae

### *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*

### *Yakusokukumite*

1-37

-shiko tsuki

-kuukan tsuki

-sonoba maegeri

### *Kooboo tsuki kaeshi*

-gedanbarai-sokutogeri

1-4

-gedanbarai-mawashigeri

### *Zenshin-kotai*

-shutouke

### *Nagewaza*

-jodanuke

1-5

-gedanbarai-chudan gyakutsuuki

-chudanuke-chudan gyakutsuki

### *Kata*

-uraken uchi

Seisan

-nagashi tsuki

Ananku

-enpiate

Wanshu

-razen shuto uchi

-shutouchi

-haitouchi

### *Tanken sabaki*

-shomengeri

1-5

-ushirogeri

-uramawashigeri

-ushiromawashigeri

-senbuugeri

### *Jiyu kumite*

-kakatogeri

-sokutogeri

-sotai

-kenshuho migi/hidari

-Go no Kamae

# 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

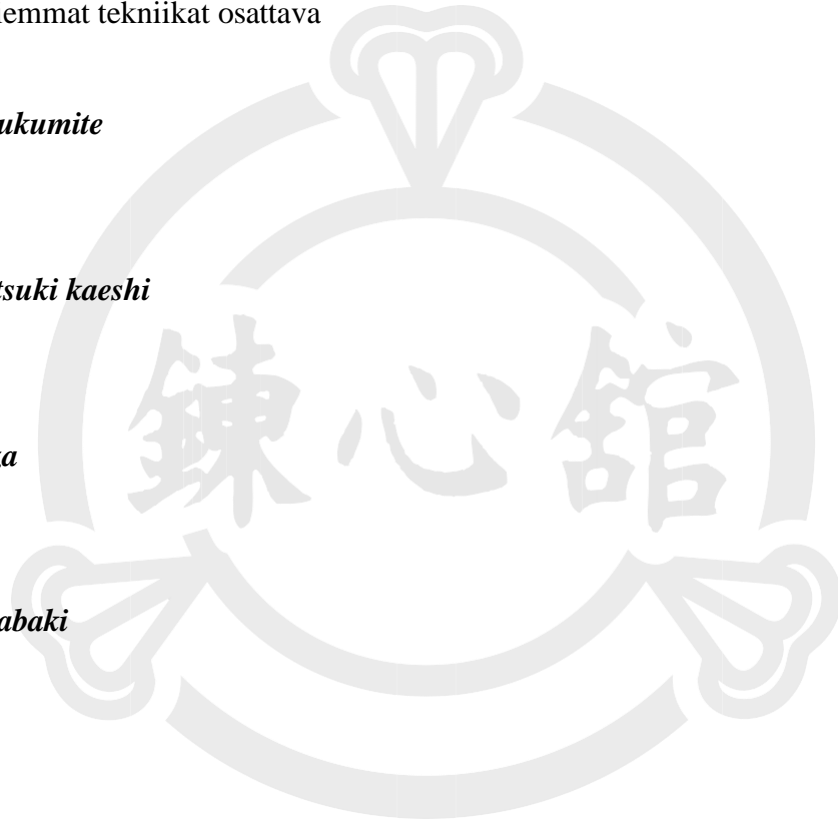
Ananku

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*

