

1) history & founding of shorinji kempo

- 1928: Kaiso travelled to China and learned a great variety of techniques of the masters he met during his work.
- 1945: After the defeat, Kaiso witnesses the cruelty of human actions, and
- 1946: returning to Japan, he decided to revive his country by nurturing its people, and in
- 1947: Kaiso started teaching the techniques he had learned in China in the place of Tadotsu, a small harbor town, in Kagawa Prefecture.
- progression(s)
 - 1951: Kongo Zen Sohonzan Shorinji
 - 1952: Nihon Shorinji Bugei Semmon Gakko
 - 1957: Zen Nihon Shorinji Kempo Zemmei
 - 1963: Shorinji Kempo Federation of Japan

2) on sen – initiative

- sen – (tai no sen) – mutual sen
- go no sen – (machi no sen) – waiting
- sen no sen – (sensen no sen) – before

foundation – ki no sen

- manifest – kihatto no sen
- unactualized – mihatso no sen

3) ma'ai – distancing

- kihon ma'ai – basic – one step one fist
- chikama – offense – close ma'ai
- toma – defensive – far: [shushu koju / go no sen]

opportunities for offense & defense

split second choice

1. opening in opponent's stance
2. moment of opponent's attack
3. when neutralizing opponent's technique (destabilized)
4. when opponent is changing stance
5. when opponent's attack has run out

4) shorinji kempo – symbol(s)

- new symbol – so-en (paired circles) – ultimate form of manji
- manji – from ancient India – *auspicious beginnings / root of life / the flowing universe & harmony*
- representation(s)

- double circles in center – harmony of yin & yang, strength & love (riki ai funi)
- surrounding shields – protection of truth, correct teaching, justice
- four dots – heaven & earth, yin & yang

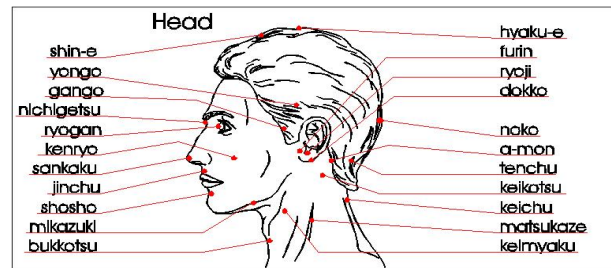
shorinji kempo activities

respect for life & community

- kaiso commemoration day – work for society
- taikai – study & solidarity
 1. present fruits of training (to encourage)
 2. deepen sense of fellowship & solidarity
 3. expand understanding & cooperation

5) head, face and neck (22) –

1. hyaku'e (white, meet)
2. shin'e (?,meet)
3. nichigetsu (day,moon)
4. sankaku (three,)
5. jinchu
6. shosho
7. ryogan
8. kenryo
9. yongo
10. sango
11. mikazuki
12. furin
13. ryoji
14. noko
15. amon
16. keichu
17. tenchu
18. keikotsu
19. dokko
20. bukkotsu
21. keimyaku
22. matsukaze

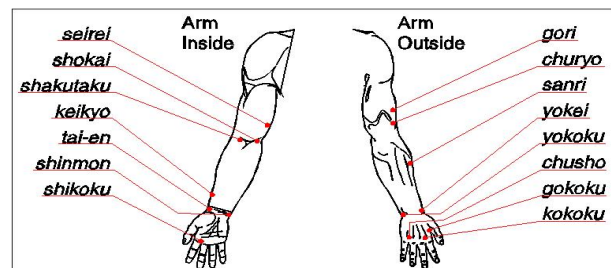


6) arm and hand – inside (7/15) –

1. seirei
2. shokai
3. shakutaku
4. keikyo
5. taien
6. shimmon
7. shikoku

arm and hand – outside (8/15) –

1. gori
2. churyo
3. sanri
4. yokei
5. yokoku
6. gokoku
7. chusho
8. kokoku

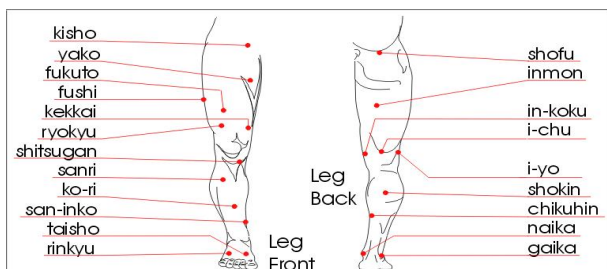


7) leg and foot – front (12/21) –

1. kisho
2. yako
3. fukuto
4. fushi
5. kekkai
6. ryokyu
7. shitsugan
8. sanri
9. kori
10. saninko
11. taisho
12. rinkyu

leg and foot – rear (9/21) –

1. shofu
2. inmon
3. ichu
4. iyo
5. inkoku
6. shokin
7. chikuhin
8. gaika
9. naika

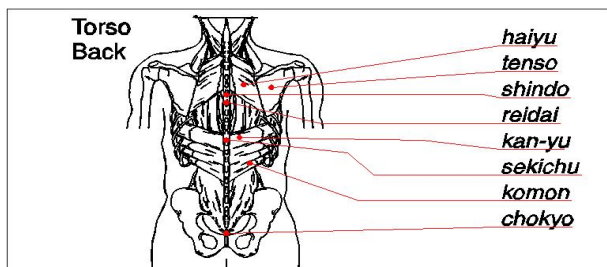
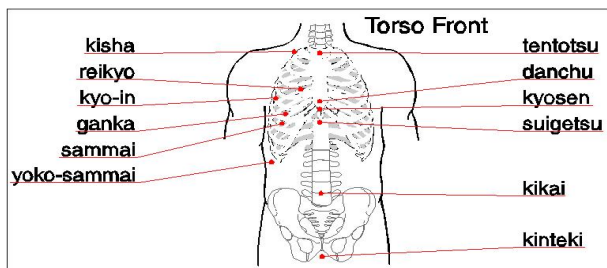


8) chest and stomach (12) –

1. tentotsu
2. danchu
3. kyosen
4. suigetsu (water, moon)
5. kikai
6. kinteki
7. reikyo
8. ganka
9. sanmai
10. yoko sanmai
11. kyoin
12. kisha

back (8) –

1. shindo
2. reidai
3. sekichu
4. chokyo
5. haiyu
6. tensho
7. komon
8. kanyu



9) six characteristics

1. kenzen ichinyo – unity of ken and zen
2. riki ai funi – strength and love in harmony
3. shushu koju – defence primary, offense secondary
4. fusatsu katsujin – not to kill but to awaken
5. goju ittai – hard and soft make one whole
6. kumite shutai – paired practice is primary

+ attitude(s) toward training

1. establish goal(s) – why train?
2. follow the sequence – internal order
3. learn the kihon – foundation(s)
4. know the principle(s) – path to improvement(s)
5. practice movement(s) – repeatedly
6. balance your training – weak & strong
7. train in accord with your condition – enjoy!
8. never give up – continuity = strength

+ teaching(s) of ken

1. shu – copy
2. ha – apply
3. ri – improve

+ classification(s) of shorinji kempo

- santei – (vessels) – wisdom, body, heart
- sampo – (systems) – juho, seiho, goho
- nijugo kei – 25 branches

+ system(s) of training

1. kihon – foundational body movements
2. hokei – mastering the true significance
3. randori – learning how to apply hokei
4. embu – responding to changes in opponent's attack

+ principle(s) in shorinji kempo

1. keimyaky no ri – kyusho / pressure point(s)
2. kagite no ri – protection method(s)
3. teko no ri – lever(s)
4. kuruma no ri – rotational motion(s)
5. hazumi no ri – momentum
6. other(s) – nerve / motor reflex, psychological

+ element(s) of atemi

opponent: kyo, attacker: jitsu

1. location of kyusho – striking accurately
2. ma'ai for atemi – appropriate distance
3. angle of atemi – striking effectively
4. speed of atemi – with great effect
5. kyojitsu in atemi – proper moment

+ essential(s) of ken

goal(s) / means / action(s)

1. gi – (technique) – acquire proper techniques
2. jitsu – (skill) – application of techniques
3. ryaku – (strategy) – effective use of skill