

gakka

chinkon

seiku (overweging)

we zoeken alleen toevlucht bij onszelf,
buiten onszelf kunnen we op niemand steunen,
eigen geest en lichaam zijn, mits goed voorbereid,
onschatbare bronnen van kracht.

het slechte najagende bevuilen we onszelf,
het slechte latende, zuiveren we onszelf,
zowel het zuivere als het onzuivere vinden hun oorsprong in onszelf,
loutering wordt niet verkregen door zich te verlaten op anderen.

seigan (eed)

- bij ons streven het uiterste betrachten, zweren wij:

de stichter in ere te houden en onze leermeesters niet te verloochenen,
de hogeren in rang te respecteren en de lageren niet gering te schatten,
op harmonieuze manier met onze makkers om te gaan en samen te werken.

- deze weg behoort de gehele gemeenschap ten goede te komen en is niet een middel tot het bereiken van persoonlijk faam.

shinjo (leerstellingen)

- we betuigen onze dank:

aan onze ouders, die ons dit lichaam schonken,
aan de Dharma van wie we onze geest ontvingen

deze oprechte dankbaarheid willen we tot uitdrukking brengen in onze activiteiten.

- we nemen ons voor:

mensen te worden met echte moed,
ons daarbij steeds te richten op het behoud van de vrede,
de humanitaire principes der maatschappij hoog te houden,
steeds de etiquette te respecteren.

- we willen streven naar een ideale wereld door:

ons toe te leggen op de beoefening van de weg,
geest en lichaam te oefenen,
onze vrienden genegenheid, vriendschap, hulp en respect te betonen,
onderlinge samenwerking.

- kyu 3
1. So Doshin's motivation and purpose for founding Shorinji Kempo
 2. the meaning of Bu and the essence of Budo
 3. the essence of shorinji kempo
 4. ken zen ichinyo (unity of ken and zen)
- kyu 2
1. how to learn shorinji kempo
 2. the three teachings of Ken
 3. defense is primary, offense is secondary
 4. shorinji kempo must not hurt people, but develop them
- kyu 1
1. on timing and distance during offense and defense
 2. the five elements of atemi
 3. go ju itai (unity of go and ju)
 4. kumite shutai (emphasizing practice in pairs)
 5. the true meaning of hokei
- dan 1
1. So Doshin's motivation and purpose for founding Shorinji Kempo
 2. the essence of shorinji kempo
 3. the meaning and aspiration of Kongo Zen
 4. the meaning of Bu and the essence of Budo
 5. how to learn shorinji kempo
 6. the three teachings of Ken
 7. on Sen (initiative)
 8. on timing and distance during offense and defense
 9. the five elements of atemi
 10. the unity of ken and zen (ken zen ichinyo)
 11. the unity of strength and love (riki ai fu ni)
12. defence is primary, offence is secondary
 - essay
 1. the advocacy and hope of Kongo Zen
 2. your motives for starting shorinji kempo and your present state of mind
- dan 2
1. the history of shorinji kempo (the process of its revival in post-war Japan)
 2. how shorinji kempo was established, and the history of naming shorinji kempo
 3. budo and the way it should be
 4. the true meaning of hokei
 5. the principles used in shorinji kempo
 6. the three elements of Ken
 7. the sixth sense
 8. shin ki ryoku – on the unity of mind, spirit and strength
 9. hei jo shin – peaceful unmoved state of mind
 10. randori when armed with protectors
 11. san tei san po ni ju go kei – 3 parts, 3 systems, 25 branches of techniques
 12. kisei and kiai
- ...
- essay
1. the purpose of seeking michi (the way) and the value of training
 2. your personal view on true strength
- dan 3 (new)
1. what is religion?
 2. what is a buddhist temple?
 3. innen (kharma)
 4. the correct teaching of the Buddha
 5. the teachings of Kongo Zen
 6. the moral nature of Dharma and human divinity (spirituality)
 7. go ju ittai (the unity of go and ju)
 8. kumite shutai (emphasizing practice in pairs)

9. diagram of pressure points (kyusho) in head, face and neck
10. diagram of pressure points in hand and arm
11. diagram of pressure points in feet and legs
12. diagram of pressure points in trunk

essay

1. shorinji kempo as a "gyo" or method of spiritual development and how budo (martial arts) should really be
2. how to live the teachings of Kongo Zen in your everyday life

dan 4

1. what is religion?
2. what is a buddhist temple?
3. innen (kharma)
4. the correct teaching of the Buddha
5. the teachings of Kongo Zen
6. the moralnature of Dharma and human divinity (spirituality)
7. go ju ittai (the unity of go and ju)
8. kumite shutai (emphasizing practice in pairs)
9. diagram of pressure points (kyusho) in head, face and neck
10. diagram of pressure points in hand and arm
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12. diagram of pressure points in trunk

subjects

1. what are the central ideas of shorinji kempo
2. explain each of the riho
3. discuss why shorinji kempo is not merely a sport or martialart

essay

1. explain the essence of shorinji kempo and describe the proper behavior of shorinji kempo leaders (min. 2000 words)
2. your present state of mind and aspirations (min. 600 words)