

試験 (しけん) - 少林寺拳法 (三段): 法話

1. history - 金剛禪 (indestructible truth)
2. initiative - 先 (せん)
3. distance - 間合い (まあい)
4. symbol(s) - 卍 / 卍字 / 万字 (まんじ)
5. 急所 - head, face, neck (22)
6. 急所 - arm, hand 7/8:(15)
7. 急所 - leg, foot 12/9:(21)
8. 急所 - chest, stomach (12), back (8)
9. 少林寺拳法 - 6 特徴 (とくちょう)

2) on sen / 先 - initiative

- 先/sen - (対/tai no sen) - mutual sen
- 後の先/go no sen - (待/machi no sen) - waiting
- 先の先/sen no sen - (先々/sensen no sen) - before

foundation - 気先の先/ki no sen

- manifest - 既発の先/kihatsu no sen
- unactualized - 未発の先/mihatsu no sen

3) ma'ai / 間合 - distancing

- kihon ma'ai/基本間合 - basic - one step one fist
- chikama/近間 - offense/攻撃間合 - close ma'ai
- toma/遠間 - defensive/防衛間合 [守主攻従/後の先]

opportunities for offense & defense

split second choice

1. opening in opponent's stance
2. moment of opponent's attack
3. 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/卍字 - from ancient India - *auspicious beginnings / root of life / the flowing universe & harmony*
- representation(s)
 - double circles in center - harmony of yin & yang, strength & love (力愛不二)
 - surrounding shields - protection of truth, correct teaching, justice
 - four dots - heaven & earth, yin & yang

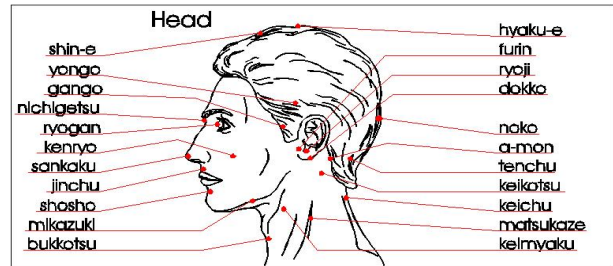
shorinji kempo activities

respect for life & community

- kaiso commemoration day - work for society
- taikai / 大会 - 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

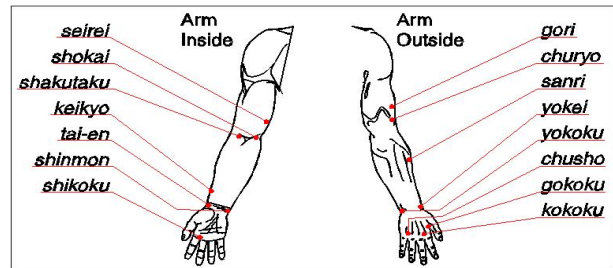


6) arm and hand - inside (7/15) -

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

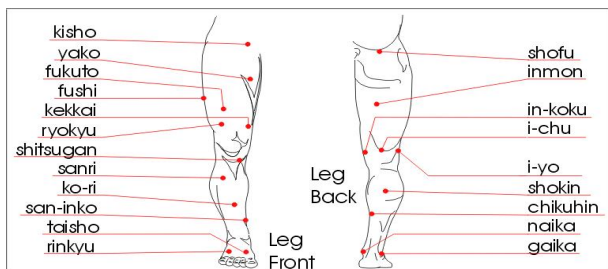


7) leg and foot - front (12/21) -

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

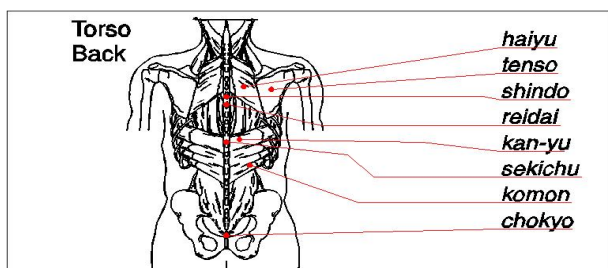
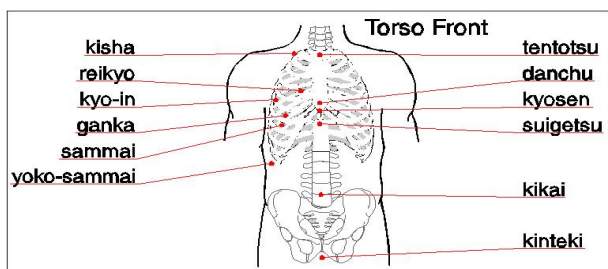


8) chest and stomach (12) –

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 / 6 特徴 (とくちょう)

1. 拳禅一如 (kenzen ichinyo) – unity of ken and zen
2. 力愛不二 (riki ai funi) – strength / love together
3. 守主攻従 (shushu koju) – (1) defence / (2) offence
4. 不殺活人 (fusatsu katsujin) – not kill but awaken
5. 剛柔一体 (goju ittai) – hard / soft one whole
6. 組手主体 (kumite shutai) – paired practice

+ 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 – 師の格 / kaku

1. 守 (shu/obey) – copy
2. 破 (ha/render) – apply
3. 離 (ri/detach) – improve

+ classification(s) of shorinji kempo

鼎:vessels(テイ) / 法:systems / 系:branches(けい)

- 三鼎 (vessels) – 智 (wisdom) / 体 (body) / 心 (heart)
- 三法 (systems) – 柔法/juho, 整法/seiho, 剛法/goho
- 二十五系 (nijugo kei) – 25 branches

seiho – 整法

- 活法 / 整骨 (kotsu) / 整脉 (myaku) / 整経 (kei)

+ system(s) of training

1. 基本 (kihon) – foundational body movements
2. 法形 (hokei) – mastering the true significance
3. 乱捕り (randori) – learning how to apply hokei
4. 演武 (embu) – responding to opponent's attack

+ principle(s) in shorinji kempo

1. 経脈の理/keimyaku no ri – kyusho (急所)
2. 鈎手の理/kagite no ri – protection method(s)
3. 梃子の理/teko no ri – lever(s)
4. 車の理/kuruma no ri – rotational motion(s)
5. 弾みの理/hazumi no ri – momentum
6. other(s) – nerve / motor reflex, psychological

+ element(s) of atemi / 当身

opponent: kyo/虚, attacker: jitsu/実

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 / 拳

goal(s) / means / action(s)

1. gi/技 – (technique) – acquire proper techniques
2. jutsu/術 – (skill) – application of techniques
3. ryaku/略 – (strategy) – effective use of skill

invitation(s) – 招き (まねき)

少林寺拳法 三段受験 (じゅけん) 生/者 (試験/しけん)

- Onogi 先生 & Arai 先生の招待 (しょうたい)
- 東條 (博巳/ひろみ) 先生の拳士 / 合掌
- fruit(s) – 百花齐放 (bǎihuāqífàng) / 大丈夫