

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

### history

- Shike Doshin So (*Kaiso*) – 10/2/1911 - 12/5/1980
- 1928 – Kaiso in China (17 years)
- 1945 – chaos in post-war China (Manchuria)
- 25 october 1947 – Nippon Seito Hoppa Shorinji Kempo Kai  
Tadotsu, Kagawa Pref., Shikoku
- december 1951 – Kongo Zen Sohonzan (teaching Shorinji Kempo)
- 1953 – Japan Shorinji Kempo Federation
- 1974 – World Shorinji Kempo Organization

*The person, the person! Everything depends on the quality of the person.*

### naming

- Suzan Shorinji – Shorinji Kempo (originated by Kaiso)
3. budo and the way it should be

### budo

- bu – to stop two spears
  - bu do – bu no tai (body of bu), bu no yo (application and mission)
  - budo – to acquire courage and strength – live and let live
4. the true meaning of hokei

### hokei – *cooperative practice*

- hokei – set attacks and counterattacks practised with a partner
  - cooperative practice – ken zen ichi nyo; live half for yourself and half for others
5. the principles used in shorinji kempo

### principles

- keimyaku hiko – vital points
- kagi te – locked arm
- lever – to lift heavy objects
- wheel – to exert force without straining

- momentum – at end of motion, to increase force
- look for other principles – human reflexes & psychological makeup

6. the three elements of Ken

**elements – *gi, jutsu, ryaku***

- gi – basic motions and techniques
- jutsu – effective application of techniques (tactics)
- ryaku – when, why and whatfor (strategic)

7. the sixth sense

**intuition**

- always seek out the issues which determine the outcome of things
- consider things in connection with other events
- develop a personal interest in a wide range of affairs

8. shin ki ryoku – on the unity of mind, spirit and strength

**ki**

- ki ryoku – energy of life
- kisei – spirit
- kiai – concentration of spirit in action (*shout*)
- tanden – physical basis for ki (*the fountain of kisei released as kiai*)
- fukumi giai – voiceless kiai

9. hei jo shin – peaceful unmoved state of mind

**hei jo shin – *calm mind***

- tan ryoku – the strength of spirit to withstand shocks (ki)
- practice – technical mastery (gradual)
- hardships – face difficulties (immediate)

10. randori when armed with protectors

**randori**

- randori teaches hokei (principles)
- bu no yo – spacing, combinations, adaptation to opponent
- gear – (limitations) restriction of movement, shift to goho, unrealistic insulation

11. san tei san po niju go kei – 3 parts, 3 systems, 25 branches of techniques

**shorinji kempo**

- shin (spirit), tai (body of techniques), chi (wisdom)
- goho – hard techniques
- seiho – healing techniques
- juho – soft techniques

goho

- (a) *tsuki waza* – strikes
- (b) *uchi waza* – hammers
- (c) *kiri waza* – cutting
- (d) *keri waza* – kicks
- (e) *kari waza* – reaping
- (f) *fumi waza* – stamps
- (g) *tai gi* – body techniques
- (h) *bogi* – defenses
- (i) *dokko den* – weapon techniques
- (j) *nyoi den* – short rod techniques
- (k) *kongo den* – stick and short staff techniques

juho

- (a) *gyaku waza* – joint reverses
- (b) *nage waza* – throws
- (c) *katame waza* – pins
- (d) *shime waza* – chokes
- (e) *tori waza* – arrests
- (f) *o-atsu waza* – pressure techniques
- (g) *nuki teho* – hand releases
- (h) *nuki miho* – escapes
- (i) *bakuho* – binding methods

seiho

- (a) *seikei* – balancing the central meridians
- (b) *seimyaku* – balancing the peripheral meridians
- (c) *seikotsu* – correcting bone positions
- (d) *kappo* – resuscitation

## 12. kisei and kiai

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essay

1. the purpose of seeking michi (the way) and the value of training
2. your personal view on true strength