

A Beginners Guide To Shorinji Kempo Volume 1

What is Shorinji Kempo? What is Shorinji Kempo The Philosophy of Shorinji Kempo This Is Shorinji Kempo Shorinji Kempo Shorinji Kempo History of Shorinji Kempo Black Belt Black Belt Martial Arts of the World Black Belt Shorinji Kempo Black Belt Black Belt Shorinji Kempo Dream Big Shorinji Kempo Black Belt Shorinji Kempo Philosophy Shorinji Kempo Martial Arts Training Journal Dōshin Sō Dōshin Sō Kameron Jalen Doshin So YASUHIRO. ODZAWA Quechua MAN Junlei Xingru Li Thomas A. Green Dōshin Sō Doshin So Shorinji Kempo Publishing Robert Villiers Benjamin Charlton George Chow

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an essential principle of shorinji kempo is ken zen ichinyo which translates to body and mind as one true strength according to this principle comes from a balance of physical prowess and cerebral acuity striking tactics joint locks and throws should be practiced in tandem with each other to achieve a balanced approach striking this equilibrium has dual benefits it makes you physically more effective and mentally more focused the other basic idea is riki ai funi which translates to strength and love in unity protecting oneself and others should be the ultimate purpose of martial arts training according to shorinji kempo compassion should accompany power this moral component sets shorinji kempo apart from other martial arts by encouraging a feeling of duty and camaraderie among its students there are many facets to shorinji kempo training including grappling juho and striking goho punches kicks and blocks are all part of goho methods which place an emphasis on swiftness and accuracy juho teaches its practitioners to subdue their opponents using a variety of techniques the main ones being joint locks throws and pins the ability to adapt to different self defense

scenarios is ensured by this dual approach which makes practitioners well rounded as a way to calm the mind and get the muscles ready for intense exercise many training sessions start with chinkon a type of meditation then to get your muscles and cardiovascular system ready we ll do some active warm up exercises in order to build muscle memory and situational awareness core training entails practicing methods repeatedly usually with a partner a big part of shorinji kempo is randori or free sparring where students practice techniques in a safe yet realistic setting training in this area helps improve reaction time and decision making abilities which are necessary for performing methods well when time is of the essence beyond the obvious self defense benefits there are many other reasons to train in shorinji kempo cardiovascular health muscle strength and flexibility are all improved by the physical training meditation and philosophical study are mental components of the practice that help with emotional stability attention and stress management in addition those who practice shorinji kempo are encouraged to live lives of honesty and selflessness by its ethical precepts through the cultivation of self control and reverence shorinji kempo teaches its practitioners to face life s obstacles head on from japan to europe and the americas thousands of people practice shorinji kempo today dojos or training halls around the world offer a welcoming environment where people of all ages and walks of life can train side by side gain wisdom from one another and develop personally and spiritually the principles of doshin so are preserved by the unwavering commitment of instructors and practitioners ensuring that the art s legacy will endure a guiding light among holistic martial arts shorinji kempo shows the way to enlightenment physical prowess and moral conduct in daily life for individuals in search of a martial art that goes beyond physical fighting shorinji kempo provides a deep path to personal growth and harmonious existence it is an enticing option for anyone seeking to improve their physical ability mental clarity and ethical outlook due to its extensive history thorough methodologies and profound philosophical underpinnings discover the profound practice of shorinji kempo and set off on a life altering journey where your mind and body harmonize through the union of strength and compassion

shorinji kempo is a way of developing individuals it is unique combination of the philosophy mastery of techniques and education system through learning the philosophy students are taught how to nurture their own body and mind help each other and live happily together mastery of techniques enables students to enjoy advancement and growth of themselves and their partners education system combines this philosophy and mastery of techniques into an effective mutually reinforcing spiral a man is by birth capable of growing in any direction shorinji kempo aims to nurture individuals striving to upgrade themselves with others to build a

peaceful society that would be both materially and spiritually rich

this book reveals the secrets of the shorinji kempo techniques a little known but very effective style of japanese martial arts it describes in detail the basic techniques of the school and contains information on the history philosophy and psychophysical aspects of shorinji kempo the book contains many illustrations and a detailed description of the characteristics of the style techniques it will be helpful to anyone studying martial arts contents introduction the history of the japanese martial arts part 1 theoretical foundations of shorinji kempo chapter 1 history of shorinji kempo chapter 2 philosophy of shorinji kempo part 2 goho hard techniques chapter 3 stances chapter 4 movements chapter 5 ukemi tumbling and falling chapter 6 hand strikes chapter 7 kicks chapter 8 defense techniques chapter 9 forms giwaken giwaken 1 dai ichi giwaken 2 dai ni tenchiken tenchiken 1 dai ichi tenchiken 2 dai ni tenchiken 3 dai san tenchiken 4 dai yon chapter 10 paired combinations nioken sangoken tennoken chioken part 3 ju ho soft techniques chapter 11 basic defense methods chapter 12 basic twisting techniques chapter 13 freeing from grabs chapter 14 combination techniques chapter 15 throwing techniques chapter 16 holding techniques chapter 17 embu paired forms conclusion

perfect for all fans of sport martial arts

shorinji kempo a martial art with roots tracing back to ancient japan embodies a profound journey of self discovery defense and enlightenment this book history of shorinji kempo from ancient japan to modern mastery delves into the rich tapestry of its history unraveling the threads that weave through centuries of tradition and transformation within these pages readers will embark on a captivating exploration of how shorinji kempo has evolved from its inception to become a global phenomenon influencing not only the realm of martial arts but also the pursuit of personal growth and harmony in this indispensable volume we embark on a journey that begins with the origins of shorinji kempo in ancient japan through meticulous research and insightful analysis we uncover the cultural historical and philosophical foundations that gave birth to this unique martial art from its early roots in shaolin martial traditions to its refinement by founder doshin so each chapter illuminates the pivotal moments and figures that shaped shorinji kempo into what it is today as we traverse the chapters of this book readers will discover the core principles that underpin shorinji kempo s practice these principles rooted in both physical technique and spiritual philosophy form the bedrock upon which practitioners build their skills and understanding we delve into the essence of shorinji kempo s teachings

exploring how its emphasis on balance adaptability and inner strength transcends mere self defense to foster a holistic approach to life the narrative unfolds to reveal the evolutionary journey of shorinji kempo through history from its humble beginnings in post war japan to its expansion across the globe we witness the resilience and adaptability of this martial art in the face of changing times and cultural landscapes through anecdotes historical accounts and personal testimonies we gain a deeper appreciation for the enduring legacy of shorinji kempo and its impact on individuals and communities worldwide central to our exploration is the examination of shorinji kempo s modern expression and global influence through meticulous research and firsthand accounts we uncover the diverse ways in which shorinji kempo has taken root in different corners of the world enriching the lives of countless practitioners from its integration into mainstream martial arts culture to its role in promoting cross cultural understanding we illuminate the significance of shorinji kempo as a catalyst for personal growth and societal change throughout this narrative we encounter the masterful practitioners and influential figures who have shaped the course of shorinji kempo s journey their stories serve as both inspiration and guidance offering insights into the dedication discipline and wisdom required to master this ancient art from the pioneering vision of founder doshin so to the contemporary leadership of prominent masters we celebrate the diverse tapestry of individuals who embody the spirit of shorinji kempo as we delve deeper into the heart of shorinji kempo we uncover its profound philosophical foundations beyond the realm of physical combat shorinji kempo offers a path to self discovery enlightenment and inner peace through the integration of zen buddhist principles we explore how shorinji kempo provides a framework for cultivating mindfulness resilience and compassion in an ever changing world in conclusion this book serves as an indispensable guide to understanding the history philosophy and practice of shorinji kempo from its ancient origins to its modern expression shorinji kempo stands as a testament to the enduring power of martial arts to transform lives and inspire greatness

the oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies in addition black belt produces and markets over 75 martial arts oriented books and videos including many about the works of bruce lee the best known marital arts figure in the world

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this book is the most comprehensive and authoritative reference ever published on the wide range of martial arts disciplines practiced in cultures around the world abc clio s martial arts of the world an encyclopedia of history and innovation is the most authoritative reference ever published on combat disciplines from around the world and across history coverage includes shaolin monks jousting knights roman gladiators westerner gunfighters samurai warriors and heavyweight boxers these iconic figures and many more are featured in this title as well as representatives of less well known but no less fascinating systems all vividly characterized by expert contributors from around the world who are themselves martial arts practitioners martial arts of the world comprises 120 entries in two volumes the first volume is organized geographically to explore the historic development of martial arts styles in asia africa europe and the americas the second volume looks at martial arts thematically with coverage of belief systems modern martial arts competitions and a wide range of such topics as folklore women in martial arts martial arts and the military and martial arts and the media

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a 120 page shorinji kempo journal that features 120 wide ruled lined pages 6 x 9 inches in size smooth white color paper a black matte finish cover the dream big shorinji kempo journal can be used however you wish this shorinji kempo journal makes a wonderful present

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