

shorinji kempo is a martial art with a long history, suitable for all ages. It distinguishes itself from other martial arts in its emphasis on practicing together and its method of training mind and body. It has its origins in:

qi gong: 气功 -- **energy work** -- health / well-being -- **retreat**

kung fu: 功夫 -- **ritual play** -- **martial art** -- **body practice**

article(s) / fight / susume / note(s) / dragon / rumor / jordaan dojo

vital point(s) -- **kyusho**

- lethal -- central nervous system, cardio-vascular system
- paralyzing -- unconscious, temporary dysfunction
- tactical -- reduce capacity or stamina, opening for counter-attack

Applying pressure to muscles, bones, and hidden meridian channel points, using hands and legs, is an effective way to eliminate differences in size and strength when fighting an opponent.

In learning a martial art, it also provides an excellent way to learn about yourself, to gain the ability to deal with pain and fear, and to transform weakness into strength, based on awareness, by practicing focussed attention and intention, based on the insights of ancient traditions.

In our discipline, we only use a selection of the **pressure points** as distinguished in traditional chinese medicine. These points are selected for their effectiveness when used in situations of **self-defence**.

- head/neck
 - shin'e/顛会 -- (skull/top of head, meet)
 - sango/三合 -- (three, join)
 - sankaku/三角 -- (three, corner)
 - jinchu/人中 -- (man, middle)
 - matsukaze/松風 -- (pine tree, wind)
- arms/hands
 - shakutaku/尺沢 -- (measure/rule, swamp)
 - shinmon/神門 -- (mind/soul, door)
 - shikoku/指谷 -- (finger/indicate, valley)
 - churyo/肘りよ -- (arm/elbow, 膠/glue?)
 - chusho/中渚 -- (middle, beach/shore)
- chest
 - tentotsu/天突 -- (heavens/imperial/sky, pierce/stab)
 - suigetsu/水月 -- (water, moon)
 - kikai/氣海 -- (air, sea)
 - kinteki/金的 -- (gold, target)
 - kisha/氣舎 -- (air/mind, house/mansion)
- legs/feet
 - fukuto/伏と -- (bend down/cover, ?)
 - fushi/風市 -- (wind, city/market)
 - shitsugan/膝眼 -- (knee/lap, eye)
 - saninko/三陰交 -- (three, secret/shadow, association)
 - shokin/承筋 -- (agree, muscle/plan)

Based on these points we will study some sample techniques: (**simple attacks**)

- take down by the head, using using: sango/三合 -- (three, join)
- press back, using: kisha/氣舎 -- (air/mind, house/mansion)
- control hand and elbow, with: churyo/肘りよ -- (arm/elbow, 膠/glue?)

These are just sample exercises, and to avoid any misunderstanding, the use of these points is quite difficult, and might be painful for your partner, so be careful!

In other [words](#), [relax](#) and [fight](#) with [me](#), [now](#)!

reference(s) -- ... ☀ ... embrace technology! ... ☀ ... -- wait motion time
☀

- Sang Kim -- Vital Point Strikes: The Art and Science of Striking Vital Targets for Self-defense and Combat Sports ([amazon](#)) [R] ☀
- Daniele Bolelli -- On the Warrior's Path: Philosophy, Fighting, and Martial Arts Mythology ([amazon](#))
- Scott Shaw -- The Tao of Self-Defense ([amazon](#))
- Jwing-Ming Yang -- The Root of Chinese Qigong: Secrets of Health, Longevity & Enlightenment ([amazon](#)) ☀
- Jwing-Ming Yang -- The Essence of Shaolin White Crane: Martial Power and Qigong ([amazon](#))
☀

issue(s) -- ... utopia of energy ... ☀ ... -- screen plug solitude ☀

- ... gestural exchange ... -- ritual as an action that seeks the realization of its [purpose](#) through an exercise of form ...

This document was created with Win2PDF available at <http://www.win2pdf.com>.
The unregistered version of Win2PDF is for evaluation or non-commercial use only.
This page will not be added after purchasing Win2PDF.