

perspective(s) -- ... who am I, now, ... ☀ ...

- ... poetics of dance -- ... dissolution of the pose into the endless flow of life experience ...

fight = work & pain ☀ SK -- dance

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

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

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.

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**. Based on these points we will study some sample techniques:

- take down by the head, using using: sango/三合 -- (three, join)
- press back, using: kisha/気舎 -- (air/mind, house/mansion)
- control hand and elbow, with: churyo/肘切よ -- (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! ... ☀ ...

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- Sang Kim -- Vital Point Strikes: The Art and Science of Striking Vital Targets for Self-defense and Combat Sports [R] ☀
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- Norman Mailer -- The Fight ☀
- Shi Yan Ming, Siao Weijia -- Mind Over Matter: Higher Martial Arts
- Shi Yan Ming -- The **Shaolin** Workout: 28 Days to Transforming Your Body and Soul the Warrior's Way
- Scott Shaw -- The Tao of Self-Defense
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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 ...

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