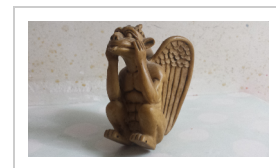


## perspective(s) -- ... who am I, now, ... ☀ ...

- ... 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/氣舎 -- (air/mind, house/mansion)
- control hand and elbow, with: churyo/肘じよ -- (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!**

### 4 elements -- attack

1. 踢 (*ti*) -- kicking
2. 打 (*da*) -- punching
3. 摔交 (*shuai* [kuai] jiao) -- (fast) take down
4. 拿 (*na*) -- capture/seize

### 12 models -- body

1. *move like a tidal wave* -- powerful, rhythmic, controlled force of movement
2. *still as a great mountain* -- strength of still position with unmovable foundation
3. *jump like an ape* -- agility and alertness of moving
4. *land like a magpie* -- lightness and stability of landing
5. *balance like a rooster* -- stillness and alertness in motion

6. *stand like a pine tree* -- both feet on the ground
7. *spin like a wheel* -- well-defined, controlled rotational movement
8. *bend like a bow* -- storage of potential power in bending or twisting posture
9. *light as a leaf* -- lightness of gliding effortlessly
10. *heavy as iron* -- expression of seriousness, not vicious and in control
11. *suspend like an eagle* -- animated state, alert and concentrated, with aim
12. *fast like the wind* -- fast, sharp and swiftly accomplished movements

## 8 (integration) principles -- control

1. *punch like a shooting comet* -- clearly and swiftly
2. *eyes flash like an electric current* -- range of view
3. *waist turns like a moving snake* -- transmission of power
4. *steps should be rooted* -- stepping movement
5. *vitality of spirit should be full and focused* -- mental and spiritual expression
6. *breathing should be sunken* -- breathing pattern
7. *power should be smooth* -- proper power emission
8. *delivery should be thorough* -- integrated expression

## 5 styles -- arm, eye, body, steps, stability, breathing, power, expression

1. *circular movement* -- soft appearance
2. *long fist* -- emphasize kicking and striking
3. *long range* -- to engage their opponent
4. *short range* -- rapid, compact, close range strikes
5. *imitation* -- praying mantis, monkey, drunken style

## focus -- energy ☀ bubble spring

1. *posture* -- structural alignment
2. *column* -- core muscle strength
3. *balance* -- gravity / reduce effort
4. *listen* -- flow / choice / diversity
5. *motion(s)* -- forward / eye / distance

## reference(s) -- ... ☀ ... embrace technology! ... ☀ ...

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## issue(s) -- ... utopia of energy ... ☀ ...

- ... gestural exchange ... -- ritual as an action that seeks the realization of its purpose through an exercise of form ...

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