

少林寺拳法

six characteristics / 6 特徴 (とくちょう)

1. 拳禪一如 (kenzen ichinyo) -- unity of ken and zen
2. 力愛不二 (riki ai funi) -- strength / love together
3. 守主攻従 (shushu koju) -- (1) defence / (2) offence
4. 不殺活人 (fusatsu katsujin) -- not kill but awaken
5. 剛柔一体 (goju ittai) -- hard / soft one whole
6. 組手主体 (kumite shutai) -- paired practice

鼎:vessels(テイ) / 法:systems / 系:branches(けい)

- 三鼎 (vessels) -- 智 (wisdom) / 体 (body) / 心 (heart)
- 三法 (systems) -- 柔法/juho, 整法/seiho, 剛法/goho
- 二十五系 (nijugo kei) -- 25 branches

seiho -- 整法

- 活法 / 整骨 (kotsu) / 整脉 (myaku) / 整経 (kei)

system(s) of training

1. 基本 (kihon) -- foundational body movements
2. 法形 (hokei) -- mastering the true significance
3. 乱捕り (randori) -- learning how to apply hokei
4. 演武 (embu) -- responding to opponent's attack

principle(s) in shorinji kempo

1. 経脈の理/keimyaku no ri -- kyusho (急所)
2. 鈎手の理/kagite no ri -- protection method(s)
3. 挺子の理/teko no ri -- lever(s)
4. 車の理/kuruma no ri -- rotational motion(s)
5. 弾みの理/hazumi no ri -- momentum
6. other(s) -- nerve / motor reflex, psychological

当身/atemi: opponent: kyo/虚, attacker: jitsu/実

1. 急所の位置 -- kyusho/points: striking accurately
2. 当身の間合 -- ma'ai: appropriate distance
3. 当身の角度 -- kakudo/angle: striking effectively
4. 当身の速度 -- sokudo/speed: with great effect
5. 当身の虚実 -- kyojitsu: proper moment

間合/ma'ai -- distancing

- 基本間合/kihon ma'ai -- basic -- one step one fist

- 近間/chikama -- offense/攻撃間合 -- close ma'ai
- 遠間/toma -- defensive/防衛間合 [守主攻従/後の先]

先/sen -- initiative

- 先/sen -- (対/tai no sen) -- mutual sen
- 後の先/go no sen -- (待/machi no sen) -- waiting
- 先の先/sen no sen -- (先々/sensen no sen) -- before

氣の先/ki no sen

- 既発の先/kihatsu no sen -- manifest
- 未発の先/mihatsu no sen -- unactualized

師の格/kaku -- teaching(s)

1. 守 (shu/obey) -- copy
2. 破 (ha/render) -- apply
3. 離 (ri/detach) -- improve

武道 -- element(s)

1. 技/gi_ -- skill
2. 術/jutsu -- tactics
3. 戦略/ryaku -- strategy

techniques -- goho:剛法 / juho:柔法

- nio ken – 仁王拳 -- single counter attack
- sango ken – 三合拳 -- hand as guard, counter attack with kick
- tenno ken -- 天王拳 -- defence and counter attack triggered by punch
- byakuren ken – 白蓮拳 -- guarding hand or arm is used for counter attack
- kakuritsu ken – 確立拳 -- sequence of guarding against kicks and counter attack with kick
- chio ken -- 地王拳 -- defence and counter attack triggered by kick
- kongo ken – 金剛拳 -- lock and hold opponent
- ryuo ken – 龍王拳 -- techniques for escaping from holds
- ryuka ken -- 龍樺拳 -- ryuo ken techniques for throwing
- rakan ken – 羅漢拳 -- techniques based on traditional juho forms
- goka ken – 五花拳 -- throwing techniques, some guarding against goho

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