

2017 Shorinji Kempo World Taikai in California, USA

Date: July 29 and 30, 2017
Place: San Mateo Event Center



US Shorinji Kempo Federation



SHORINJI KEMPO
少林寺拳法

2017 Shorinji Kempo World Taikai Slogan

Be the bridge, Make the world better, one person at a time



So Doshin
The Founder

What is Shorinji Kempo?

Founded in Japan in 1947 by So Doshin, Shorinji Kempo is a way of developing individuals. It is a unique combination of the philosophy, mastery of techniques, and the 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 a strong belief in their potential who can take action in cooperation with others to build a peaceful society that would be both materially and spiritually rich.

What is the World Taikai ?

Beginning in Japan, Shorinji Kempo continues to spread around the world. Moreover, Shorinji Kempo has expanded without splitting into separate schools. The techniques, teachings, and educational structure of Shorinji Kempo are the same everywhere in all parts of the world

Once every four years, World Shorinji Kempo Organization (WSKO), in Japan, initiates the World Taikai, which represents a competition, a philosophy lecture, a workshop and a party with all instructors, students, sponsors, donors including their respective families. Through the Taikai, we can demonstrate to the public what we have been training and learning. While the World Taikai is normally hosted in Japan, 2017 Taikai has been selected to be hosted by US Shorinji Kempo Federation in San Mateo, California! Additionally 2017 is the 70th Anniversary for the establishment of Shorinji Kempo. 2017 is an extremely special year as the United States Shorinji Kempo Federation will facilitate this large World Taikai event outside of Japan.



Yuuki So
President of WSKO
Shorinji Kempo Shike

The six distinguished characteristics of Shorinji Kempo

1. The first distinguishing characteristic of Shorinji Kempo is “*ken zen ichinyo.*” (拳禅一如) *Ken* refers to the fleshly body, *zen* to mind and spirit. Often we are tempted to think of body and spirit as separate entities, but actually this is not so. When something surprises us, the heart races. If we get sick, not only the body but also our spirits fall, and we no longer find ourselves desiring to do much of anything. So it is that our bodies and spirits are closely intertwined. When we train in Shorinji Kempo, it is important to keep a balance between the physical training and the spiritual training. Shorinji Kempo is not just a theory of mind, nor is it a way of achieving spiritual contentment simply through physical hardship. Training in Shorinji Kempo is a method for nourishing both body and spirit alike through examining oneself and unearthing the possibilities within oneself. This is “*ken zen ichinyo.*”
2. The second distinguishing characteristic of Shorinji Kempo is “*riki ai funi.*” (力愛不二) The idea here is that no-one can live in happiness with only love and compassion; intellect and strength are



necessary as well. If you see others being tortured, your love and compassion may make you want to help them, but if you lack courage, power, or a way to take action, then you cannot help. Conversely, strength without love or compassion is nothing more than violence. To overcome injustice or corruption, first one needs the ability to evaluate the good and bad, then the knowledge of how to judge the situation and how to use one's abilities, and then the courage to stand up to face danger. There is a saying: "Justice without strength is powerless. Strength without love is violence." You should harmonize your strength and love, unite your intellect and compassion, and then – using these as the foundation for

your actions – you should make your own life a stable and happy one and contribute actively to the peace and well-being of society.

3. The third distinguishing characteristic of Shorinji Kempo is "*shushu koju*." (守主攻従) The technical methods of Shorinji Kempo are constructed so they begin with defending against the attack, and after completely protecting oneself, counterattacking. This is because Shorinji Kempo, to ensure that its teachings are righteous in nature, is based on the idea of a martial art that is used only to defend oneself against violence. For this spiritual reason, one should not thoughtlessly strike the first blow. There is a technical reason, too, in that making your position impregnable allows you to seize the advantage that comes when your opponent makes the first move.
4. The fourth distinguishing characteristic of Shorinji Kempo is "*fusatsu katsujin*." (不殺活人) The physical techniques of Shorinji Kempo are not for killing or injuring people. They are for protecting yourself, helping other people, and improving people's lives. The techniques of Shorinji Kempo are effective in causing intense pain that makes people lose the will to fight. This is done by attacking pressure points identified by the meridians of Oriental medicine, based on thousands of years of tradition. Moreover, rational use of tactics, techniques and strength based on the principles of the discipline allows one to gain large effects from small amounts of force. Thus the art aims always to work for the good of people without killing or injuring anyone. *Fusatsu katsujin* is also important from the point of view of Shorinji Kempo's status as a *gyo* for developing individuals.
5. The fifth distinguishing characteristic of Shorinji Kempo is "*go ju ittai*." (剛柔一体) The *goho* (hard methods) include strikes, kicks, hammers, chops, and evasions. The *juho* (soft methods) include defenses, releases, and joint reverses. Although *goho* and *juho* each mobilize their own elements, they supplement and reinforce each other to become even more effective. This is what we call the *go ju ittai* of techniques. Beyond this there are elements of *juho* within the *goho* and elements of *goho* within the *juho*, which we call the *go ju ittai* of application.

6. The sixth characteristic of Shorinji Kempo is "*kumite shutai*." (組手主体) In Shorinji Kempo, training in pairs is the norm. This is for the purpose of gaining skills that a person cannot learn alone, such as *ma'ai* and *kyojitsu* in offense and defense, and other conditions that arise because the opponent is moving. Also, it is not simply a matter of making oneself stronger, but of nurturing a cooperative spirit of partnering with each other and getting stronger together with friends and peers. By applying the techniques to each other and sharing the pain you discover nuanced approaches to speed and force for your particular level. This is how two people training together leads to improvements in technique as well as improvements in character.





WORLD SHORINJI KEMPO ORGANIZATION

2017 SHORINJI KEMPO WORLD TAIKAI CONTRIBUTION FORM

Please complete the form below and submit it with your contribution to: Mr. Pankaj Rastogi, 13693 Eastbridge Street, Westminster, California 92683, USA. Email: ocshorinji.kempo@gmail.com, Cell +1 949-510-1569

Name : _____

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I/We would like to make a tax-deductible contribution in the amount of : \$ _____

- **PLATINUM \$1,000 or more:** The name will be announced in the World Taikai pamphlet to be handed out during the event. Also the individual has an opportunity to have their company's banner placed at the San Mateo Event Center (Banner to be made and provided by the individual and/or company). Regarding an banner questions, please contact Mr. Pankaj Rastogi Cell phone number is +1-949-510-1569, Email: ocshorinji.kempo@gmail.com or mail Address to: 13693 Eastbridge Street, Westminister, California 92683, USA
- **DIAMOND \$999-\$800:** The name will be announced on the web page of the 2017 World Taikai. Also the individual has an opportunity to have their company's banner placed at the San Mateo Event Center (Banner to be made and provided by the individual and/or company). Regarding any banner questions, please contact Mr. Pankaj Rastogi, Cell phone number is +1-949-510-1569. Email: ocshorinji.kempo@gmail.com or mail Address to: 13693 Eastbridge Street, Westminister, California 92683, USA
- **GOLD \$799-\$500:** Video on the web page of the World Taikai
- **SILVER: \$499 - \$300:** Logo or Company Name or Individuals name on the United States Shorinji Kempo Federation web site
- **BRONZE: \$299 or less:** The name including the logo on the web page of the World Taikai.

NOTE: For all Platinum donations your (i.e. Mr. John Doe) or your companies name (i.e. Solar Corporation) will be mentioned in the Taikai Pamphlet.

Please circle 1-3 which method will be utilized to make the payment

1. **CREDIT CARD PAYMENT : Can be made directly on our website at:**
<http://usskf.com/index.php/2017-world-taikai/make-donation/>
2. **CHECK DONATIONS:** Make the Check payable to: **"UNITED STATES SHORINJI KEMPO FEDERATION"** and mail the check along with this form to: Mr. Pankaj Rastogi Email: ocshorinji.kempo@gmail.com or mail Address to: 13693 Eastbridge Street, Westminister, California 92683, USA. Cell phone number is +1-949-510-1569
Shorinji Kempo Association Inc. Tax Identification Number: IRS 45-4503926
3. **WIRE-TRANSFER PAYMENT:** Send the bank wire transfer to: Bank of America, Account number 325050443774, Routing number 026009593.

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