

## ◆ Overall Introduction

Hello!

My name is Masami Kobayashi.

My name is Tatsuya Kurematsu.

Thank you for watching this video. We'd like to give you some information about two things: what shorinjikempo is like, and how we practice shorinjikempo as a college club activity.

We have many kinds of traditional martial arts such as kendo, judo, karate, and so on. Shorinjikempo is one of those traditional arts, but it is the newest among them. First, I would like to tell you what shorinjikempo is exactly, and how is it different from other Japanese martial arts. We'll explain it briefly. Doshin So, a Japanese martial artist, created Shorinjikempo as a method of self-defense in Japan in 1946. His main purpose was to help us gain confidence in our physical and spiritual abilities through acquiring the self-defense techniques, and then to open our mind to nourish or deepen consideration for other people. In other words, Shorinjikempo is not only a useful technique to protect yourself, but also a way to improve your character, particularly to instill humility and benevolence in your mind.

Shorinjikempo basically doesn't provide any techniques to attack others but only ways to defend yourself if someone attacks you. We practice guarding and counterattacking against our opponents. The physical techniques of shorinjikempo are not for killing or injuring people. The techniques are effective rather in causing intense pain that makes people lose the will to fight. In other words, shorinjikempo is very peaceful: self-defense with love.

## ◆ Introduction and performance of the techniques

There are hundreds of techniques in Shorinjikempo. They are split into two types: Gouhou, which is hard technique, and Juhou, soft technique.

First, I will show you some of the Gohou techniques.

Gouhou, hard technique, as its name implies, is made up of punches and kicks.

When someone punches my face, I will immediately guard with one hand, and aim at a weak spot in his body, which I will punch.

Another way to guard and attack my opponent when he punches my face is to move my body slightly and smoothly to dodge, and then hit his weak spot with my foot.

Next, let me show you Juhou. Juhou literally means "soft technique." It is a way to physically receive my opponent's attack with my own hand or body, and then to shake him off by counterattacks.

When someone catches and pulls my hand, I will push his thumb and wrench his wrist like this.

In the next case, an opponent brings his fist or knife towards my head. I stop the movement with my wrist, and fling him away.

For example, you are caught by your wrist as you are taking a bus. Then you put your hand on the aggressor's hand, and lock his arm like this.

#### ◆ **An introduction to our club activities**

So far, we have introduced the character and techniques of shorinjikempo. Next, we would like to show you how we practice Shorinjikempo as a club activity. We gather together every Wednesday, Thursday, and Saturday. We now have eighteen students in our club.

##### ● Basic Practices

We practice a series of basic movements at the beginning of every session. We practice punches, kicks, and forward and backward falls. We should be always aware that the points we hit at by punches and kicks should be the vital spots on the human body: a kick, for example, in the groin. We should also be careful that our head, the most vital part of our body, should not directly hit the ground when we fall down.

After the basic movement practice, we usually learn a few techniques among the more than 150 different ones. Unlike other traditional Japanese martial arts, we form pairs after the captain of the club demonstrates with his senior partner how to perform a technique. But why a pair? Because we should be responsible for mastering and teaching techniques through interacting with our colleagues. This responsibility gives us a sense of achievement when mastering one technique after another. This responsibility also teaches us how to lead and be led by someone other than our captain. We try to improve each other's skill through pairs.

Punches and kicks are one of the most basic movements in shorinjikempo. We usually wear protective gear to learn how to aim at vital spots effectively.

##### ● Practical Exercise

What you are watching now is a practice called Unyoho. Through this practice, we try hard to acquire a basic style or manner of the martial art. This practice is quite useful when you react to

your opponent.

- **Technical Patterns**

What they are performing now is called Enbu. Their movement is a graceful combination of a series of technical patterns useful for protecting yourself from attacks from other people. There are several models of these combinations. We practice these models again and again until we feel confident that we could use the movements if we were actually attacked. It is worth watching these graceful movements even if you are not a practitioner of martial arts.

- ◆ **Interview with Some Club Members**

Let's hear some impressions about the practice from our club members.

Q: Why are you practicing Shorinjikempo?

A: I want to be strong enough to defend myself when I am plunged into a dangerous situation. I don't know whether my Shorinjikempo skill will ever actually be needed, but I am certain that self-confidence in my abilities will help me to get rid of my timid way of living.

Q: Is it fun for you to practice this martial art? How about the regular practice?

A: I'm enjoying it very much. The amount of practice each week is moderate enough to maintain my health. What's more, the practice of Shorinjikempo is usually done with somebody, so I have a good time with my friends. We can practice hard together.

- ◆ **Conclusion**

We have looked at what Shorinjikempo is like and how we enjoy practicing it at college. We will feel happy if this video helps you to understand our traditional martial art.

Thank you for watching.

We're looking forward to talking with you through the TV conference.

See you soon!