



SHORINJIKEMPO
少林寺拳法

Welcome to Shorinji Kempo - English -



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What is shorinji kempo ?

■ One Unity Worldwide – Shorinji Kempo

There is only one school of Shorinji Kempo. It is the same teachings, the same techniques, and the same educational system everywhere in the world.

This indicates that Shorinji Kempo is not an organization to only teach and spread its techniques.

What Shorinji Kempo aims to do – What the founder of Shorinji Kempo, Doshin So (Kaiso), desired to accomplish through Shorinji Kempo was and still is to establish peaceful and rich society (country). Realizing that the only way to improve the quality of society was through developing human beings who can cherish others as much as themselves, Kaiso founded Shorinji Kempo as a method of human development with its teachings, techniques, and educational system.

“Half for one’s happiness, and half for happiness of others” is the guiding principle of Shorinji Kempo.

“Half for one’s happiness” – believe in potentials and work to improve yourself (jiko kakuritsu/self establishment).

“Half for happiness of others” – using one’s strength for improving society and the situation of others (jita kyoraku/mutual comfort)

If one can use their own strength for others and cause joy and happiness, an even greater happiness will come back to them. This is the way Shorinji Kempo advocates and how we can live together happily.

■ History and Founding of Shorinji Kempo

Shorinji Kempo was founded by Kaiso Doshin So in postwar Japan

◆ Shorinji Kempo History — 1947, founded by Kaiso Doshin So in Japan

Tradition tells that it was Bodhidharma (the progenitor of Zen) who brought fighting techniques (Indian kempo, tenjiku nara no kaku, or ekkin gyo) to China 1500 years ago, after he left India to transmit the proper teachings of the historical Buddha and ended his travels at the Songshan Shaolin Temple in what is now Henan Province. Later, these techniques gave birth to various martial arts which spread across the lands of China.

In 1928, Kaiso traveled to China with a strong sense of purpose, and there he learned esoteric techniques from various masters he met through his unusual line of work.

In August 1945 Japan was defeated in war, and amidst the post-war turmoil, Kaiso witnessed the naked depths of action human beings could commit. This profound experience made him resolve to revive his country by nurturing its people, and in the summer of 1946 he returned home to post-defeat Japan.

In October 1947, at his home in Tadotsu, Kagawa Prefecture, Kaiso ordered and organized the techniques that he had learned while in China, adding his own creative touch, and — naming the system Shorinji Kempo — began to teach. The following year, he simultaneously established the Nippon Hoppa Shorinji Kempo Kai and the Komanji Kyodan, and in December — 1951 he established Kongo Zen Sohonzan Shorinji. In 1956 he established the Nihon Shorinji Bugei Senmon Gakko (Shorinji Budo Academy of Japan), and in 1957 the Zen Nihon Shorinji Kempo Remmei (All Japan Shorinji Kempo Federation). Then, in 1963 he incorporated the organization as Shadan Hojin Nihon Shorinji Kempo Remmei (Shorinji Kempo Federation of Japan), specifically applying his efforts to the training of young people.

By 1980, Kaiso had spent 33 years since the founding of Shorinji Kempo nurturing a large number of young people to strength of body and mind through this tough ken zen ichinyo approach to training. However, on 12th May 1980, heart problems overcame him and he passed away.

Currently, with Shike Doshin So II, Yuuki So, carrying on Kaiso's mission, Shorinji Kempo continues to move forward.

◆ The Founding of Shorinji Kempo

Kaiso noticed that in all the martial arts he had practiced, there were three fundamental kinds of motion — circular, straight, and arc motion — and that based on the use and combination of these there were 10 methods; the soft methods of takedown, throw, twist, pressure, choke, and bend; and the hard methods of punch, strike, kick, and chop. Then he analyzed and organized these by principles of physics and physiology. Kaiso aimed to establish a method to train body and mind simultaneously that would serve as self defense, physical exercise, physical education, and furthermore help perfect one's character. Accordingly, he took the monastic training discipline portrayed on the byaku-eden wall at the Shaolin Temple and recomposed it into a form that fit contemporary conditions, then worked in the valuable experience of actual fighting that he had gained during the war, added his own original elements, and founded Shorinji Kempo.

◆ The name of Shorinji Kempo

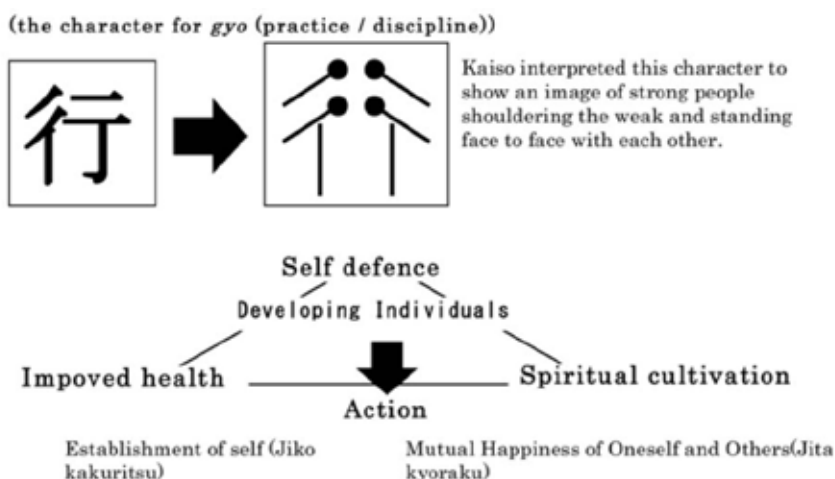
The name of Shorinji Kempo arises from the fact that Kaiso's master, Tai Zong Wen, a former Shaolin Temple, passed on the lineage of the Giwamon Ken to Kaiso at the Shaolin Temple. Kaiso also wished to perpetuate the name of Shorinji and its associations with Zen's founding master, Bodhidharma, and to commemorate the re-establishment of the practice of martial techniques as a gyo.

Since ancient times in both China and Japan, martial arts that spring from the Songshan Shaolin Temple in Henan Prefecture China have been called Shaolin martial arts (shorin bujutsu), and among these the weaponless styles were called Shaolin Fist (shorin ken) or Shaolin Fist Arts (shorin kenjutsu).

Shorinji Kempo, on the other hand, is a new martial way from postwar Japan. It was founded by Kaiso based on techniques that he learned as a youth, rearranged for modern conditions and augmented with his own original elements.

■ Shorinji Kempo is a Discipline that Develops Individuals

1. Through the technical practice of Shorinji Kempo, people gain confidence, courage, and vigor, and nature a spirit of compassion and a sense of justice.
2. This discipline is a gyo for developing individuals, and it brings the three benefits of self defence, spiritual cultivation, and improved health.
3. We think and act not only out of consideration for ourselves, but with equal consideration for others. In this way, we contribute to peace and well being society.



◆ A discipline that develops individuals and supplies three benefits

Shorinji Kempo does not take games of victory as its goal. When individuals become obsessed with victory and defeat, they tend to arrive at the wrong-headed idea that “so long as I am the stronger, that’s good enough”— and even start taking pleasure in the misfortunes of others. Shorinji Kempo was originated by Kaiso, Doshin So, as a simultaneously physical and mental method of practice for building character, a method through which one can gain three benefits: self-dence, spiritual cultivation, and improved health. Through techniques, one gains self confidence, courage, and vigor. One gains a spirit of compassion and a sense of justice. To cultivate such a person of true strength, Shorinji Kempo was created as a discipline, a gyo.

◆ Shorinji Kempo as bu 武 (martial practice)

The Chinese character for martial (the bu 武 in budo 武道) is an ideogram composed of the characters for “spear 戈” and “stop 止”. In other words, the significance of bu does not come from seeking out battle or wounding enemies, but rather from the ethical content of stopping conflict among people and from contributing to peace and culture. Budo is a greater path of disciplining oneself in techniques, of building up a self that is sturdy in both body and spirit; and at its core is a way to build up people who have the courage and abilities to stand up to injustice and corruption in the world. “Training myself, overcoming myself, invigorating others, I come to life myself.” Budo should be a path for one’s own sake, for the sake of others, and for the sake of society as a whole; this is what Shorinji Kempo aims for.

◆ The significance of Shorinji Kempo as a gyo

Kaiso said that the character for gyo (discipline), shows people (strong people) carrying children or old people (people in a position weakness) and

facing each other. In this spirit, Shorinji Kempo seeks to make a society in which the strong assist the weak, and all can live together happiness.

No person can live without others. Each of us relates to many others in the course of our lives. In the same way that we value ourselves, we need to value the people around us. In other words, our training in Shorinji Kempo has the following objectives: to build a self that is sound in body and spirit, and that can be relied upon (jiko kakuritsu); to act with the same kind of consideration for others as we give ourselves (jita kyoraku); The training is thus a gyo that develops individuals. In Shorinji Kempo the phrase “Half for one’s own happiness, and half for the happiness of others,” (“nakaba wa jiko no shiawase wo, nakaba wa hito no shiawase wo”) expresses the theme of mutual happiness for oneself and others. What we aim for is to become people who can contribute to the peace and well being of society.

■ Motivation and Goals for the Founding of Shorinji Kempo

1. In 1947, Shorinji Kempo was founded by Doshin So(hereafter, Kaiso),the first shike of Shorinji Kempo, in the town of Tadotsu, Kagawa Prefecture
2. When Japan lost world war II, rules of society, the economy, and people’s hearts as well were in turmoil, and Kaiso awakened to the knowledge that “all things depend on the quality of the people who stand in positions of influence.”
3. Kaiso considered that, to build a peaceful world, “There is no other way than to cultivate, in as many people as possible, deeply rooted compassion, great courage, and a strong sense of justice.”

4. Aiming to rebuild people in body and spirit, and to transform society through peaceful means, Kaisei founded Shorinji Kempo with the goals of “developing individuals through Shorinji Kempo” and “contracting an ideal world.”

5. Ideal image of humanity toward which kenshi aspire

- People who can live with faith in their own potential
- People who can live as the authors of their own lives
- People who can act with consideration for the happiness of others
- People who can act with compassion, courage, and a sense of justice
- People who can live so as to bond with and support each other through solidarity and cooperation

◆ “The person, the person, the person — everything depends on the quality of the person.” (“Hito, hito, hito, subete wa hito no shitsu ni aru.”)— The motivation and resolve for the founding of Shorinji Kempo

In 1945, under war conditions in the northeastern region of China, Kaisei witnessed the harsh realities of international politics where the interests of states and races took precedence, and only might seemed to make right.

Amidst this situation, Kaisei discovered that events are greatly affected by the character and way of thinking of people in positions of influence. He expressed this realization as, “The person, the person, the person— everything depends on the quality of the person.” He noticed that, “if society is run by people, then true peace can only come from fostering compassion, courage, and a sense of purpose, to explain this path to them, and to draw out their sense of justice, to nourish their confidence, courage, and vigor, and so to educate people who would contribute to the revival of our native land.”

Coming through such a vast range of experiences, Kaisei was able to see levels affected by status and formal education, and he grasped the core qualities of human beings. So Kaisei discovered that events are greatly affected by the character and way of thinking of people in positions of influence. He expressed this realization as, “The person, the person, the person — everything depends on the quality of the person.” He realized keenly that, “If society is run by people, then true peace can only come from fostering compassion, courage, and a sense of justice in as many people as possible.”

Furthermore he decided that if he were lucky enough to make it back to Japan, he would open a private school for young people of resolve, teach them morals and nurture individuals who would contribute to rebuilding a peaceful and prosperous native land.

Note: Kaisei's experience in Manchuria under military rule

When the Soviet Army invaded Manchuria on August 9, 1945, near Japan's defeat, the Japanese Army abandoned the many Japanese people living there and rushed out in retreat. In Suiyang where Kaisei lived, the main forces had already moved out, and even the remaining forces had disappeared completely by the time the civilian residents heard of the Soviet declaration of war.

Abandoned by their army, the people tried to escape to safety on their own, but what awaited them was violence and plunder by the Soviet forces.

Even after military government brought order, the tragedies continued to increase. It was a tableau of human desperation, of people driven to extremes, clinging to life, not caring what happened to others so long as they themselves could survive.

In times of peace, people can hide their true natures in many ways to present a pleasant veneer. Once order collapses, however, our true natures bare themselves for all to see. Even though the numbers were few, some people, despite the dire situation, forsook their own gains and made a martyr of themselves for others.

Note: The Soviet Union (The forerunner of the Russian Federation)

The official name was the Union of Soviet Socialist Republics.

The Soviet Union was the first socialist nation founded on December 30, 1922 by the Russian Revolution (on November 7, 1917).

During World War II, Stalin was in power despotically. In 1941, the Soviet Union signed the Non-Aggression Pact establishing neutrality with Japan but on August 8, 1945, unilaterally broke the pact and declared war against Japan.

On December 25, 1991, the Soviet Union collapsed under the democratization of Eastern European countries and the collapse of a The Cold War.

◆ Founding a way of developing individuals primarily through martial techniques

Upon his return, Kaiso saw a Japan in the disorder of defeat.

The values of morality and humanity had been discarded, and fellow Japanese feuded as injustice and violence paraded brazenly in public view. Within this society, the vast majority of both youths and adults held no hope for the future and simply reacted day by day, like a confused herd. In the face of this, Kaiso ordered and organized the techniques that he had learned while in China, applying his own creative touch to make a new technical system that individuals would find enjoyable to learn. He turned his home into a practice hall, and he taught the techniques, along with lectures on his view of life and of the world. Thus started the development of individuals through martial techniques. Aiming to improve people physically and mentally and to transform society through peaceful means, Kaiso founded Shorinji Kempo with the goals of developing individuals, and of realizing a peaceful society that would be both materially and spiritually rich.

◆ Ideal human qualities sought in Shorinji Kempo

As discussed above, Shorinji Kempo was not created simply to make physically strong people or technically skilled fighters. Rather, Shorinji Kempo training cultivates true leaders with sound thinking and a rich sense of justice; who have confidence that humanity harbors seeds of potential to grow; who have healthy bodies, indomitable courage and a well rounded character; who have the kind of courage and passion needed to act enthusiastically so that individually lead happy lives and together realize a peaceful and prosperous society.

Shorinji Kempo's kenshi must aim to become people who can live their belief in their own potential, people who live as the authors of their own lives, people who can act with consideration for the happiness of others, who can act with compassion, courage, and a sense of justice, and people who can live by bonding with and supporting each other.

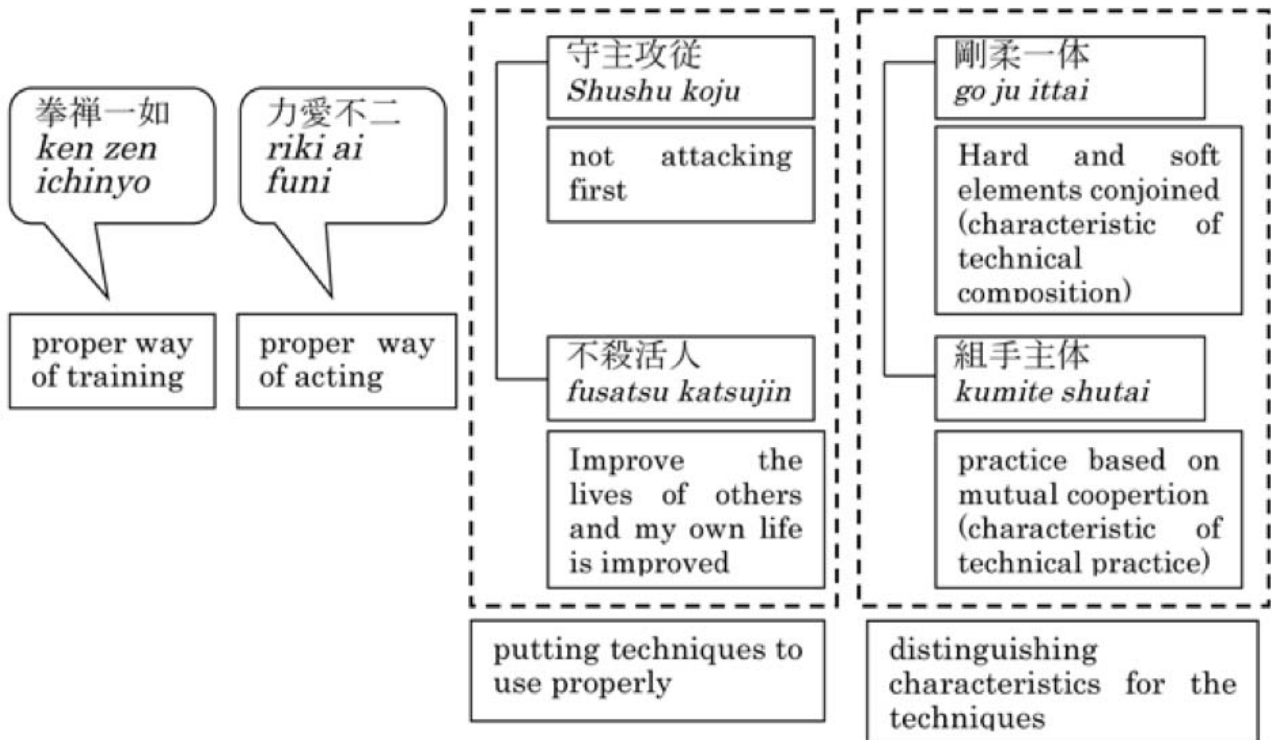
■ The Six Distinguishing Characteristics of Shorinji Kempo

1 Shorinji Kempo has the following six characteristics: ken zen ichinyo, riki ai funi, shushu koju, fusatsu katsujin, go ju ittai, kumite shutai

2 "Riki ai funi" expresses the proper way to act and to live.

"Ken zen ichinyo" expresses the training method for making this way of life your own.

3 In the process of technical training, one must set one's heart on these four characteristics: "shushu koju," "fusatsu katsujin," "go ju ittai," and "kumite shutai."



◆ How to train both body and spirit: ken zen ichinyo (unity of ken and zen)

The first distinguishing characteristic of Shorinji Kempo is “ken zen ichinyo.” Ken refers to the fleshly body, while zen refers to the 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 our bodies 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 and 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.”

◆ The principle and basis for action in Shorinji Kempo: riki ai funi (strength and love in harmony)

The second distinguishing characteristic of Shorinji Kempo is “riki ai funi.” 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, one first 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 justice is violence.” As kenshi, 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 wellbeing of society.

- ◆ The proper way of training to improve techniques and character: shushu koju
(defense is primary, offense subordinate)

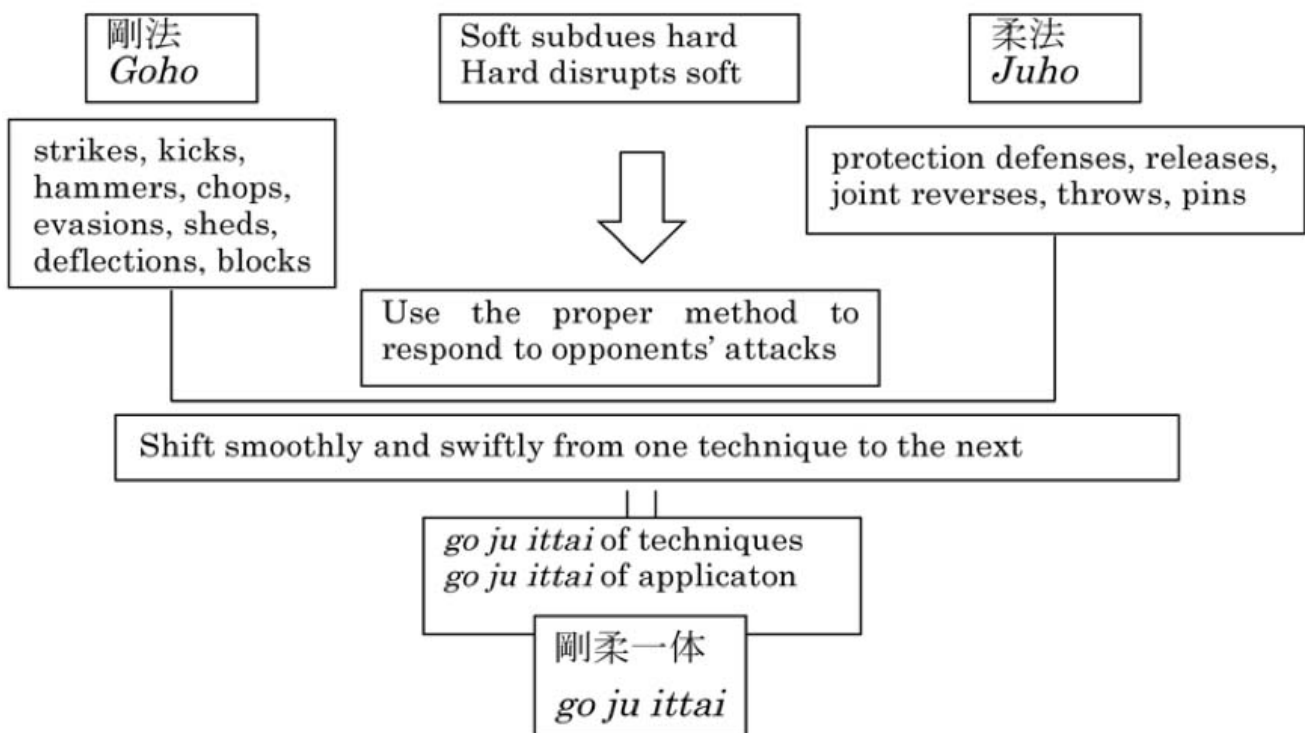
The third distinguishing characteristic of Shorinji Kempo is “shushu koju.” The technical methods of Shorinji Kempo are structured so that they begin by defending against the attack, and after completely protecting oneself, then counter-attacking. This is because that to ensure that its teachings are righteous in nature, Shorinji Kempo is based on the idea that a martial art should only be used to defend 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.

- ◆ Fusatsu katsujin (not to kill, but to awaken)

The fourth distinguishing characteristic of Shorinji Kempo is “fusatsu katsujin.” 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 kill. 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.

- ◆ To meet various attacks: go ju ittai (hard and soft make one whole)

The fifth distinguishing characteristic of Shorinji Kempo is “go ju ittai.” The goho (hard methods) include



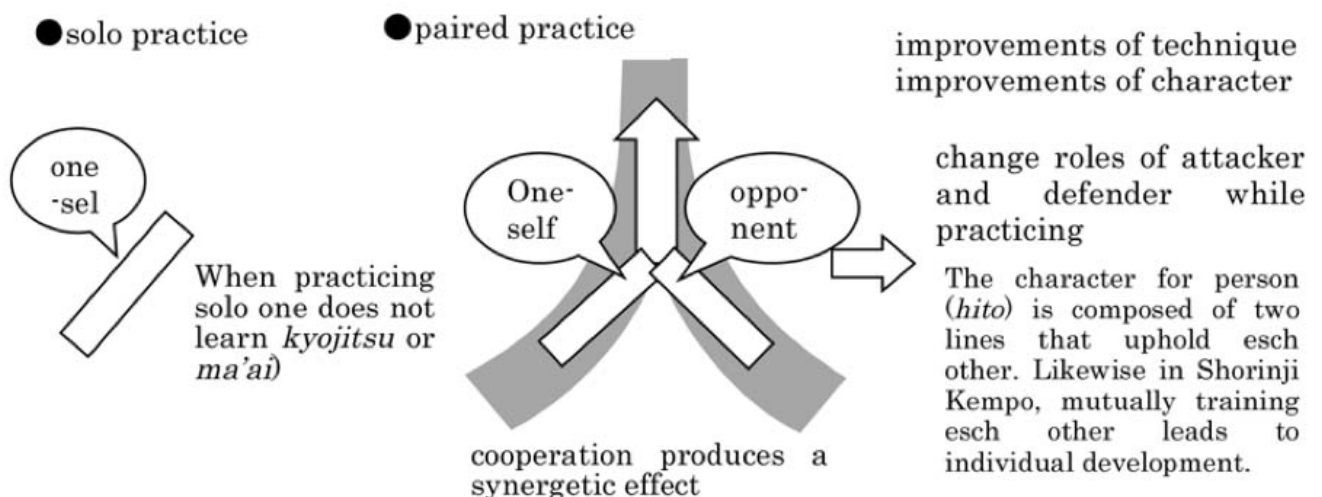
strikes, kicks, hammers, chops, and evasions. The juho (soft methods) include defenses, releases, and joint reverses. Although goho and juho each mobilize their own elements, they supplement and reinforce each other to become even more effective. This is what we call the go ju ittai of techniques. Beyond 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.

◆ Relation of the hard and soft aspects of the art — “lips, teeth, cheekbones, gums”

One can compare these two aspects to the relation of teeth and lips. The lips are soft, with no ability to bite through things or chew them up as the teeth do. However, with teeth but no lips, food would fall out of the mouth and one would be unable to eat anything. Only with the help of the lips do the teeth begin to accomplish their purpose.

◆ A training system for strengthening one another and maturing together: kumite shutai (paired practice is primary)

The sixth characteristic of Shorinji Kempo is “kumite shutai.” 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.



Protection of intellectual properties

■ What is Shorinji Kempo Instructor?

Teaching Shorinji Kempo is not a mere means of livelihood for a Shorinji Kempo instructor. Shorinji Kempo instructors all over the world are driven by much greater and nobler motivation than a mere earning of their livelihood.

Their motivations can be put into a variety of words, including one's *raison d'être*, meaning of one's life, hope, dream, aspiration, and so on and so forth. While none of them is misguided, all of them must have been inspired in the minds and hearts of Shorinji Kempo instructors by the teachings and technique left by the Shorinji Kempo founder, Doshin So.

As advocated in the teachings of Shorinji Kempo in the form of "Jiko Kakuritsu," those who aspire to be instructors must start with consolidating their own life environment including securing the source of income.

And it is after their strenuous efforts and repeated opportunities to face others that the instructor aspirants can start instructing Shorinji Kempo, which is to be the practice of Shorinji Kempo's "Jita Kyoraku" teaching, after they undergo and pass comprehensive inspections by the headquarters on their human quality, leadership, and knowledge.

All the Shorinji Kempo instructors today devote themselves to spread of Shorinji Kempo, relying on their own ideal and sustained by smiling faces of kenshi, their family members and friends as well as everyday dramas woven by heart-to-heart interactions.



■ What is Shorinji Kempo's Branch?

Branch is a venue where one can receive trainings of Shorinji Kempo. The person in charge of each branch is called Branch Master who is appointed from among those who participate in and complete requirements of the training seminar organized by or entrusted by WSKO.

The main substance of the training given in a branch is essentially martial arts for the purpose of self-defense. But it encompasses a wide range of activities from actual combative actions to exercise-like movements to remain healthy. Instructions are given based on respective purposes and needs of participants.

Aside from physical trainings, Shorinji Kempo branches also provide philosophy and lectures to enlighten participants on their mindsets and values based on unique teachings of Shorinji Kempo.

Administrative cost of a branch is financed by membership fees and the branch's finances are made public to its members.

■ What is Shorinji Kempo Federation?

Shorinji Kempo Federation assumes the responsibility of unifying all the branches located within a country. Launched when it receives approval of the WSKO's Board of Directors Meeting, a federation is registered at WSKO as its Regular Group Member.

Its mission is to promote solidarity and cooperation across the boundary of each branch and executes study sessions, training seminars, and taikai on the national level.

■ About Authorization

A branch master, a branch, and a federation all require permission of WSKO to be launched. This is a means to maintain the standard of a group that carries the name of Shorinji Kempo and a same symbol mark/logo and to engage in social contributions as a united group.

■ Intellectual Property Rights and Trademark

◆ Intellectual Properties of Shorinji Kempo

It is only through the proper management and protection of our various intellectual property that we can maintain One Unity Worldwide – Shorinji Kempo.

The teachings and the techniques of Shorinji Kempo and its educational system established by the founder, Doshin So, are the original and unique intellectual properties of Shorinji Kempo.

When used for commercial goods or when conducting any duties, the use of Shorinji Kempo's name, logo, and/or trademark to indicate involvement with Shorinji Kempo qualifies as a use of Shorinji Kempo's intellectual property.

Therefore, these items cannot be used or taught without permission.

In order to maintain and continue One Unity Worldwide – Shorinji Kempo and to save it from becoming more competition-focused or profit-focused, we must protect and manage these intellectual properties of Shorinji Kempo.

◆ Trademark – Shorinji Kempo Symbol and Logo – From 卍 (manji) to ○○ (so-en)!

From the time of Shorinji Kempo's founding (1947) to 2004, the symbol mark was 卍. In 2005, the new symbol mark was set as a response to its expansion throughout the world (the emblem of shield with 卍 is still used as a symbol of Kongo Zen).

◆ The Meaning of the Symbol Mark:

The center part of the symbol mark features two circles (so-en). One symbolizes mercy and love, and the other represents reason and power. The overlapping of the two circles represents unity.

The shields around so-en represent protecting truth, law, and justice. The four dots represent heaven, earth, yin, and yang found in the oriental philosophies.

◆ The Desire Attached to the Symbol Mark

In Shorinji Kempo, it is considered that the state where all the elements represented in the symbol mark exist in harmony and unity should be the center of human thoughts and actions. This is the spirit of “riki ai funi (Mercy and justice cannot help others without power. At the same time, power cannot meet its full potential without pride and conviction)”.

○ is the ultimate form of the former symbol of 卍 that represents an auspicious omen, the origin of human life, and ever-changing space. Its circular movement became so-en.

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■ Shorinji Kempo spread to the world



WSKO Structure

©Regular Group Members

- Japanese Shorinji Kempo Federation
- Indonesian Shorinji Kempo Federation
- French Shorinji Kempo Federation
- Malaysian Shorinji Kempo Federation
- Swedish Shorinji Kempo Federation
- Italian Shorinji Kempo Federation
- Portuguese Shorinji Kempo Federation
- Spanish Shorinji Kempo Federation
- Finnish Shorinji Kempo Federation
- German Shorinji Kempo Federation
- U.S. Shorinji Kempo Federation
- Swiss Shorinji Kempo Federation
- Ukrainian Shorinji Kempo Federation
- U.K. Shorinji Kempo Federation
- Canadian Shorinji Kempo Federation
- Brazilian Shorinji Kempo Federation

○Associate Group Members Countries

- Australia
- Belgium
- Chile
- India
- Kenya
- South Korea
- Monaco
- Holland
- New Zealand
- Philippines
- Quarter
- Singapore
- Sri Lanka
- Switzerland
- Tanzania
- Vietnam
- Russia
- Brunei Darussalam



■ Publications of Shorinji Kempo

These are our publications on great topics such as the philosophy of Shorinji Kempo, techniques, and about the Founder Kaiso Doshin So. Some of them cannot be purchased at general bookstores, so please check how to obtain them.

◆ Publications (Shorinji Kempo – General)



Shorinji Kempo: Ai no Kachi, Chikara no Riso

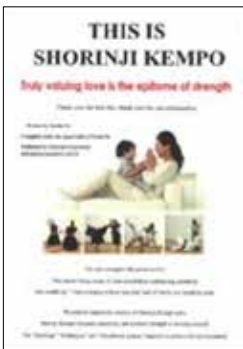
Author: Doshin So

Editorial Supervisor: Yuuki So

ISBN 978-4-583-10313-6

This timeless edition explains the words of the founder, Doshin So (Kaiso) and reveals the Shorinji Kempo teachings, techniques, and its educational system.

Available from: Bookstores in Japan and Japanese Shorinji Kempo Federation Business DivisionS



This is Shorinji Kempo: Truly Valuing Love is the Epitome of Strength (UK)

Author: Doshin So

Editorial Supervisor: Yuuki So

ISBN 978-0-9928533-3-4

This timeless edition explains the words of the founder, Doshin So (Kaiso) and reveals the Shorinji Kempo teachings, techniques, and its educational system.

English version of Shorinji Kempo: Ai no Kachi, Chikara no Riso.

Available from: amazon.co.uk



SHORINJI KEMPO: LA VALEUR DEL'AMOUR L'IDEAL DE LA FORCE

Author: Doshin So

Editorial Supervisor: Yuuki So

ISBN 978-2-7466-8933-6

This timeless edition explains the words of the founder, Doshin So (Kaiso) and reveals the Shorinji Kempo teachings, techniques, and its educational system.

French version of Shorinji Kempo: Ai no Kachi, Chikara no Riso.

Available from: French Shorinji Kempo Federation



This is Shorinji Kempo: Truly Valuing Love is the Epitome of Strength (USA)

Author: Doshin So

Editorial Supervisor: Yuuki So

ISBN 9781537648620

This timeless edition explains the words of the founder, Doshin So (Kaiso) and reveals the Shorinji Kempo teachings, techniques, and its educational system.

English version of Shorinji Kempo: Ai no Kachi, Chikara no Riso.

Available from: amazon.com

It is connected to the site with “this is shorinji kempo creatspace” or “this is shorinji kempo paperback”.



comprendere Shorinji Kempo Arte Marziale e Sistema Educativo. Per Tutti. Il valore dell'amore e l'ideale della Forza

Author: Doshin So

Editorial Supervisor: Yuuki So

ISBN 978-88-272-2904-0

This timeless edition explains the words of the founder, Doshin So (Kaiso) and reveals the Shorinji Kempo teachings, techniques, and its educational system. Italian version of Shorinji Kempo: Ai no Kachi, Chikara no Riso.

Available from: Edizioni Mediterranee



Hajimeyo! Shorinji Kempo

(Let's Begin Shorinji Kempo!)

Author: SHORINJI KEMPO UNITY

ISBN 978-4-583-10151-4

This book is especially useful for beginners to learn about Shorinji Kempo in a fun way with many colored illustrations and flowcharts.

Available from: Bookstores in Japan and Japanese Shorinji Kempo Federation Business Division



Renzoku Shashin de Kiwameru Shorinji Kempo Goho Hen 1 (Mastering Shorinji Kempo with Sequence Photographs Goho Vol. 1)

Editorial Supervisor: General Cooperation SHORINJI KEMPO UNITY

Editor: General Foundation Shorinji Kempo Federation

ISBN 978-4-583-10627-4



Renzoku Shashin de Kiwameru Shorinji Kempo Goho Hen 2 (Mastering Shorinji Kempo with Sequence Photographs Goho Vol. 2)

Editorial Supervisor: General Cooperation SHORINJI KEMPO UNITY

Editor: General Foundation Shorinji Kempo Federation

ISBN 978-4-583-10628-1

This volume teaches 20 techniques from Sango ken, Ten'o ken, Byakuren ken, Chio ken, and Kakuritsu ken.

Available from: Bookstores in Japan and Japanese Shorinji Kempo Federation Business Division



Renzoku Shashin de Kiwameru Shorinji Kempo Juho Hen 1 (Mastering Shorinji Kempo with Sequence Photographs Juho Vol. 1)

Editorial Supervisor: General Cooperation SHORINJI KEMPO UNITY

Editor: General Foundation Shorinji Kempo Federation

ISBN 978-4-583-10803-2

This book provides sequence photographs of nuki (releasing) techniques with instructions on how to use the book, descriptions, hints from advisors, and comments.

Available from: Bookstores in Japan and Japanese Shorinji Kempo Federation Business Division



Renzoku Shashin de Kiwameru Shorinji Kempo Juho Hen 2 (Mastering Shorinji Kempo with Sequence Photographs Juho Vol. 2)

Editorial Supervisor: General Cooperation SHORINJI KEMPO UNITY

Editor: General Foundation Shorinji Kempo Federation

ISBN 978-4-583-10884-1

This volume mainly focuses on Ryukaken techniques based on wrist supported submissive techniques.

Available from: Bookstores in Japan and Japanese Shorinji Kempo Federation

Business Division



Renzoku Shashin de Kiwameru Shorinji Kempo Juho Hen 3 (Mastering Shorinji Kempo with Sequence Photographs Juho Vol. 3)

Editorial Supervisor: General Cooperation SHORINJI KEMPO UNITY

Editor: General Foundation Shorinji Kempo Federation

ISBN 978-4-583-10885-8

This volume teaches Goka ken (throwing techniques) and Rakan ken (techniques when grabbed clothes).

Available from: Bookstores in Japan and Japanese Shorinji Kempo Federation

Business Division



Desk-top Collection – Words of Doshin So

Daily pad type stand that contains the words of the founder, Doshin So (Kaiso). Different words everyday from the 1st to the 31st. 16 cards.

Retailers:

Ozaki Co. <http://www.ozaki-sk.co.jp/>

Maekawa Shouten <http://www.maekawashouten.co.jp/>

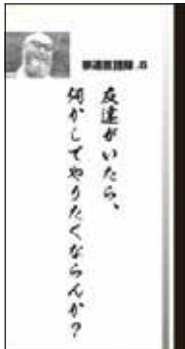
“Tsuoyosa” towa Nanika: Shourinji Kempo Soushisha, So Doshin 70no Kotoba (What is Strength?: 70 Sayings of the founder, Doshin So.



Editorial Supervisor: Yuuki So
Editor/Author: Yoshitaka Suzuki
ISBN 978-4166608607

A collection of 70 carefully selected sayings of the founder of Shorinji Kempo, Doshin So.

Available from: Bookstores in Japan and Japanese Shorinji Kempo Federation Business Division

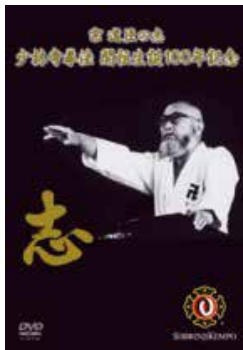


Analects of Doshin So (6 volumes)

Pocket-sized analects of Doshin So on 6 different themes.

Available from: Japanese Shorinji Kempo Federation Business Division

<http://shop.shorinjikempo.or.jp/html/>

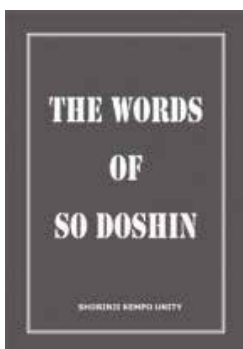


The Aspiration of Doshin So (DVD)

This program perfectly recreates the aspiration of Kaiso, the founder of Shorinji Kempo. Includes rare scenes and images featuring the founder and his voice.

Available from: Japanese Shorinji Kempo Federation Business Division

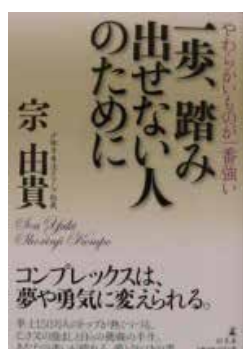
<http://shop.shorinjikempo.or.jp/html/>



The Words of So Doshin: analects of Doshin So (English and Japanese version)

This book teaches the personality of the founder, Doshin So, his organizational philosophy, and application of techniques. Excellent materials for kenshi all over the world. Both English and Japanese texts appear next to each other.

Ozaki Co. <http://www.ozaki-sk.co.jp/>



Ippo Fumidasenai Hitono Tameni (For Those Who Cannot Make the First Step)

ISBN 978-4-344-01404-6

Written by Yuuki So, the Director General of the Shorinji Kempo Group. As the head of over 1.7 million members in the world, the author shares the encouraging words of her father (Doshin So) and details her challenging life.



Concept Video (DVD)

An introductory video which explains what Shorinji Kempo is.

Available from: Japanese Shorinji Kempo Federation Business Division

<http://shop.shorinjikempo.or.jp/html/>



Kaitai Shinsho

A documentary on the founder of Shorinji Kempo, Doshin So, and his successor, the second Shike, Yuuki, So. Contains footage of sermons, embu, and hokei studies.

Available from: Japanese Shorinji Kempo Federation Business Division

<http://shop.shorinjikempo.or.jp/html/>



Shorinji Kempo no Sekai - Europe Hen

(The World of Shorinji Kempo - Europe)

This video introduces the teachings, techniques, and the educational system of Mr. Hiroshi Aosaka from his 36 years of experience in teaching and spreading Shorinji Kempo in Europe.

[Production and Sales]

Quest Co.

TEL: 03-3360-3810

FAX: 03-3366-7766

Available from: Japanese Shorinji Kempo Federation Business Division

<http://shop.shorinjikempo.or.jp/html/>



Shorinji Kempo Tatsujin Densetsu - Aosaka Hiroshi -

(Shorinji Kempo Legendary Master - Hiroshi Aosaka -)

Sermons and technique demonstrations by Mr. Aosaka, who moved to France by himself and spread Shorinji Kempo in Europe.

[Production and Sales]

Quest Co.

TEL: 03-3360-3810

FAX: 03-3366-7766

Available from: Japanese Shorinji Kempo Federation Business Division

<http://shop.shorinjikempo.or.jp/html/>

History of Shorinji Kempo

■ History of Shorinji Kempo

Let us introduce a few episodes that represents epochs in the history of Shorinji Kempo.

◆ Birth of Shorinji Kempo, a New Educational Method

Doshin So was deeply concerned about Japan immediately after the end of the World War II in 1945. How should the Japan reconstruct its land and its people's hearts that had been devastated by the war? Isn't there anything I can do?

After long meditations, Doshin So realized that it would be young people who have received proper educations that can build the future of Japan. Based on this realization, Doshin So started preaching on the ideal figure of a nation and moral principles for people to the youths. But young people did not show as much interest in Doshin So's activities, which only contained lectures, as he had expected.

Doshin So was agonized. It was during this agonizing period that he had a revelation inspired by a dream he had one night. In this dream, Bodhidharma appeared but went away as Doshin So tried to run up to him, showing his back. Waking up from this dream, Doshin So recalled a mural that he had once seen in China. The mural portrayed monks who were practicing the lessons that Bodhidharma was believed to have invented. It depicted Indian and Chinese monks who were practicing boxing tricks merrily in pairs.

This dream made Doshin So realize that spiritual education would not be enough to train the youths who were going to build the future of the country. It was on this realization that Doshin So organized Oriental martial arts he had mastered into an easier-to-understand system and invented Shorinji Kempo, an educational method of the unity between body and mind that allows students to receive spiritual education while they are trained in martial arts. It was in 1947 and Doshin So was 36 years old at that time.

◆ Love of Home Land Is Not Confined to Japan. This Love Will Also Contribute to the World Peace.

Shorinji Kempo that Doshin So invented enticed young people's minds because of its uniqueness and it spread all over Japan in a short period of time of only ten years. Within 20 years of its founding, Shorinji Kempo began to be taught overseas, too.

One's concern about the future of his/her country is universal. The conviction that education of young people, who are going to shoulder the future of the country, is imperative is also universally shared. Young people who share and sympathize with Doshin So's conviction learn Shorinji Kempo and scatter to all over the world.

By 1972, Shorinji Kempo has been spread to 36 countries in the world and it was to unify and supervise Shorinji Kempo all over the world that the International Shorinji Kempo Federation was established in 1972, which was later succeeded by World Shorinji Kempo Organization (WSKO) in 1976,



which today supervises Shorinji Kempo's activities all over the world.

Since 1985 a World Taikai is convened every four years. For Shorinji Kempo, World Taikai is not a mere international competition. It is also a festive occasion when Shorinji Kempo instructors, who are engaged in educational activities all over the world, get together and devote themselves to their further studies for the next four years as well as regain their



◆ Everyone Waves the Banner of So-En, Symbol of Harmony

Shorinji Kempo's symbol mark is made of two overlapped circles (So-En) surrounded by shields, symbols of unity among comrades, on four corners. This symbol mark was officially adopted as a universal mark of Shorinji Kempo in 2005 along with the original logo mark.



Shorinji Kempo's symbol mark and logo symbolize the truth we believe in, i.e. different elements get together, help each other, and harmonize with each other to form the world. It is to guarantee the standard of all the activities conducted under the banner of this symbol mark.

Only organizations and instructors that pass the inspection by the WSKO headquarters are allowed to use Shorinji Kempo's symbol mark and logo.

◆ Anyone Can Learn Shorinji Kempo Due to the Global Common Curriculum and Qualification System

One symbol of Shorinji Kempo founder Doshin So's foresight is the presence of its own unique curriculum from the outset. In the world of martial arts in those days (1940s), it was a common practice to pass on tricks orally from one generation to the next. Although printing something in those days was costly and, therefore, not very popular, Doshin So printed the curriculum that he had prepared and circulated them among kenshi.



The curriculum that Doshin So had laid down has been repeatedly improved and inherited till today. It has been translated to the language of the country Shorinji Kempo is taught, for which a same lesson is given to students in any country in the world.

Shorinji Kempo's curriculum is so organized that students can start with the basics and easier lessons and move on to more difficult ones step-by-step. At each transition, students are allowed to take a grading examination.



Grading standards and qualifications for examiners are identical across nations and the examination results are under the uniform management of WSKO headquarters in Japan. Therefore, the qualification a member acquires is valid wherever he/she goes in the world.

Those who pass grading examinations are granted with kyu certificate and dan certificate by Shike who has inherited the tradition of Shorinji Kempo started by Doshin So.



■ The Path that World Shorinji Kempo Organization (WSKO) Has Taken

National federations have been founded one after another all over the world since 1960s. To organize them (excluding Japan federation) by years of establishment:



SHORINJIKEMPO
少林寺拳法

◆ 1960s

Malaysia, Indonesia, USA, Brazil

◆ 1970s

Sweden, France, Singapore, Spain, Finland, New Zealand, England, Italy, Portugal, Germany

◆ 1980s

Canada, Australia, Holland, Switzerland, Sri Lanka, Venezuela, India, Kenya

◆ 1990s

Russia, Ukraine, Tanzania, Vietnam

◆ 2000 or later

East Timor, Korea, , Qatar, Chile,, Israel, Cambodia, Brunei Darussalam, Laos, Monaco, Belgium, Philippines

■ Shorinji Kempo - Chronology (History of Its Key Organizations and Global Development)

Listed below are noted activities executed by delegates sent by the Shorinji Kempo Hombu or at requests from external organizations, selected from a large number of activities involving Shorinji Kempo, made in the past.

Many other activities, not listed herein though, have been taking place in many parts of the world.

◆ 1947

◎ October : Shorinji Kempo Founder Doshin So built a new house in Tadotsu, Kagawa Prefecture, including a six-tatami room to be used as a dojo, or place for practicing Shorinji Kempo.

◆ 1950

◎ April : Founder Doshin So built a new 60-tatami dojo adjacent to his house.

◎ April : Opened the first Doin (branch) in Kagawa.

◆ 1951

◎ May : The U.S.'s INS Tele News visited Tadotsu to cover Shorinji Kempo.

◆ 1952

◎ August : The first edition of the "Shorinji Kempo Kyohan" teaching textbook, written by Founder Doshin

So, published.

◎December : “Kongozen Sohonzan Shorinji” certified and registered under the Religious Corporation Law of Japan upon its enforcement.

◆ 1953

◎April : A Doin established in Ehime, the first prefecture outside Kagawa.

◆ 1955

◎July : The revised and second edition of the “ Shorinji Kempo Kyohan ” published.

◆ 1956

◎April : “Nihon Shorinji Kempo Bugei Senmon Gakko (currently “Zenrin Gakuen”),” an educational organization to train instructors of Shorinji Kempo, established under the School Corporation Law in Japan.

◆ 1957

◎May : The “All Japan Shorinji Kempo Federation” established.

◆ 1958

◎March : 10th Anniversary Memorial Taikai (Takamatsu).

◆ 1961

◎December : The Kyoto Betsuin of “Kongozen Sohonzan Shorinji” established as the key facility in the Kansai region.

◆ 1962

◎April : The “Kanto Students Shorinji Kempo Federation” established, as Shorinji Kempo was popularized widely at many colleges/universities in Japan.

◆ 1963

◎August : Hiden Shorinji Kempo, a best-selling book of secrets of Shorinji Kempo, written by Founder Doshin So, published by Kobunsha Co., Ltd.

◎October : The “Shorinji Kempo Renmei,” an incorporated association, established (currently the “Shorinji Kempo Federation,” a general incorporated foundation).

◆ 1965

◎August : The revised edition of the “Shorinji Kempo Kyohan” published.

◆ 1966

◎December : Completion of the “Hombu Rensei Dojo,” a training hall, in a 25,000-square-meter site on the hillside of the prefectural Toryo Park in Kagawa.

◎February : The “Indonesian Shorinji Kempo Federation” established.

◆ 1967

◎ January : The opening ceremony of the Hombu Rensei Dojo and the “National Taikai to Celebrate the 20th Anniversary of Shorinji Kempo” held.



◆ 1970

◎ January : Shorinji Kempo – Philosophy and Techniques, a book written by Founder Doshin So for international readers, published by Japan Publications, Ltd.

◎ July : Completion of the Second Hombu Rensei Dojo.

◆ 1971

◎ April : 少林寺拳法 – その思想と技法, the original Japanese version of Shorinji Kempo – Philosophy and Techniques written by Founder Doshin So, published by Japan Publications, Ltd.

◆ 1972

◎ January : The “International Shorinji Kempo Federation (ISKF)” established, (which was the former organization of “World Shorinji Kempo Organization (WSKO)”), organized by group members representing Japan, the U.S., Brazil, Indonesia, Malaysia, Sweden, the Philippines and Iran.

◎ October : The National Indonesian Taikai (held in Jakarta), to which a delegation of 30 kenshi members and officials was sent from Japan.

◎ January : The three-day “Japan Budo Festival” held at the Nippon Budokan in Tokyo, jointed by Shorinji Kempo, along with eight martial arts of judo, kendo (Japanese fencing), kyudo (Japanese archery), sumo, naginata (long-handled sword), karatedo, aikido and jukendo (bayonet), with 500 Shorinji Kempo kenshi attending the event.

◆ 1973

◎ April : French Shorinji Kempo Federation established.

◆ 1974

◎ January : “World Shorinji Kempo Organization (WSKO)” organized by group members representing 16 countries of Japan, the U.S., Canada, Brazil, the U.K., France, Sweden, Finland, Italy, Spain, Portugal, Indonesia, Malaysia, Singapore, the Philippines and New Zealand.

◎ December : The Taikai to Celebrate the Establishment of “World Shorinji Kempo Organization (WSKO)” held (at the Nippon Budokan) in Tokyo, Japan.

◎ December : Shorinji Kempo popularized in Bournemouth, the U.K.



◆ 1975

◎ February : Shorinji Kempo, a biographical film about Founder Doshin So, produced and released by Toei Company, Ltd.

◆ 1977

◎ April : “The Nippon Budo Kyogikai (Japan Budo Association).” established and organized by ten

organizations of the national federations of judo, kendo, kyudo, naginata, sumo, karatedo, aikido, jukendo, Shorinji Kempo and Nippon Budokan.

◎ November : 30th Anniversary Memorial Taikai (Tokyo).

◆ 1979

◎ March : The general meeting to establish the “Federation of Supporters of Shorinji Kempo Within the Diet,” a group of diet members supporting Shorinji Kempo, held at the Diet Members’ No. 2 Office Building of the Lower House in Tokyo.



◆ 1980

◎ February : British Shorinji Kempo Federation established.

◎ May : Founder Doshin So passed away of acute cardiac insufficiency.

◎ October : The “Kongozen Sohonzan Shorinji Great Wild Goose Pagoda” completed, followed by its inauguration ceremony held.

◆ 1981

◎ August : The “WSKO Training Sessions” held for the first time in the U.S. and the U.K.

◆ 1982

◎ February : WSKO Instructors toured around Southeast Asian countries to visit local branches (in Singapore, Malaysia and Indonesia).

◎ June : The “Taikai to Celebrate the Tenth Anniversary of Promotion of Shorinji Kempo in France” held (Paris).

◎ September : The International Instructors’ Study Sessions held in the Hombu in Japan, attended by total 82 international kenshi from 13 different countries; the reporting crew of the British state-run broadcasting station “BBC” visited the Hombu to cover the sessions.

◆ 1983

◎ March – April : Zenrin Gakuen students visited Europe for training (London, Paris and Madrid).

◎ April : The Shorinji Kempo European Office opened in Paris, France.

◎ July : A Shorinji Kempo cultural exchange delegation to Europe to visit Italy, Austria and France.

◎ October : Training Camp in Canada (Vancouver).

◎ October – November : Indonesian Shorinji Kempo Student Championship.

◆ 1984

◎ April : The “Taikai to Celebrate the Tenth Anniversary of Promotion of Shorinji Kempo in the UK” held (London).

◎ May – June : European regional training sessions held in France (Paris, France).

◆ 1985

◎ November : The International Friendship Taikai held (at the Nippon Budokan) in Tokyo, Japan attended

by 161 international kenshi from 15 different countries worldwide, subsequently leading to the execution of the World Taikai.

◎ November : International Instructors' Study Session (Shorinji Kempo Hombu < Headquarters > Kagawa).



◆ 1986

◎ January : The Indonesian Shorinji Kempo Federation held training camps and the ceremony to celebrate the 20th anniversary of the establishment of the Indonesian Federation (Jakarta).

◎ March : Representatives from Shorinji Kempo participated in the First "International Budo Performance Festival" (hosted by the Singaporean Martial Art Instructors' Association).

◎ March : Eastern USA Regional Training Seminar (Delaware).

◎ May : Western USA Regional Training Seminar.

◎ May : Participated in the Japanese culture festival held in Nimes, France.

◎ June : The delegation of Japanese Budo representatives visited China for cultural exchange.

◎ June : A delegation of Shorinji Kempo visited Malaysia to attend the ceremony to celebrate the 15th anniversary of the establishment of the Kota Kinabalu, Sabah Branch and the Introduction of Shorinji Kempo in Sabah, a member state of Malaysia.

◎ August : Canadian Regional Training Seminar (Vancouver).

◎ August : A delegation visited Vancouver, Canada to join the Powell Street Festival. (Vancouver).

◎ August : European Regional Training Seminar (U.K.).

◎ October : Representatives visited Europe as members of the Japanese Budo Delegation (France).

◎ November : Kenyan Branch Training Camp.

◆ 1987

◎ July : Representatives visited Australia as members of the Japanese Budo Delegation (Perth).

◎ July : Training Camp in Finland (Jyvaskyla).

◎ August : Eastern USA Regional Training Seminar (New York).

◎ August : Western USA Regional Training Seminar (San Francisco).

◎ November : 40th Anniversary Memorial Taikai (Tokyo).



◆ 1988

◎ January : Participated in the Japanese culture festival held in Nimes, France (Nice).

◎ May : European Regional Study Session (Paris).

◎ July : Representatives visited Australia as members of the Japanese Budo Delegation to attend the celebrations of "Australia's Bicentenary".

◎ July : Oceanian Regional Study Session (Australia, New Zealand).

◎ August : Eastern USA Regional Study Session.

◎ September : Canadian Regional Study Session.

◎ September : Western USA Regional Study Session.

◎ November : Kenyan Regional Study Session.

◆ 1989

◎ January – February : Indonesian Regional Study Session, Indonesian Federation 23rd Anniversary Commemorative Taikai.

◎ February : Malaysian Regional Study Session.

◎ July : Training Camp in Finland.

◎ September : The “International Taikai 1989” held in Japan ‘(at the Shorinji Kempo Hombu), attended by 350 international kenshi from 21 different countries worldwide.

◎ October : The “Europaria 1989: Japan in Belgium” visited by Shorinji Kempo representatives as members of the delegation (sent by the Nippon Budokan) to Belgium.

◎ November : Taikai to Celebrate the 15th Anniversary of Promotion of Shorinji Kempo in the U.K..



◆ 1990

◎ February : World Shorinji Kempo Organization (WSKO) held its First Board of Directors' Meeting and Councilors' Meeting (Tokyo).

◎ April : World Shorinji Kempo Organization (WSKO) had its new Statutes enforced.

◎ June : The First European Taikai held in Paris, France (Paris).

◎ July : Training Camp in Finland.

◎ July : Representatives visited New Zealand as members of the Japan Budo Delegation to attend the “Japan Week '90,” an event to celebrate the “ 150th Anniversary of the Foundation of New Zealand ”.

◆ 1991

◎ January – February : The ceremony held to celebrate the 25th anniversary of the Indonesian Shorinji Kempo Federation.

◎ May : Brazilian Regional Study Session (Porto Alegre).

◎ May : USA Regional Study Session (Los Angeles).

◎ May : Representatives visited the US as members of the Japanese Budo Delegation (Salt Lake City).

◎ June : The English version of the Shorinji Kempo Fukudokuhon supplementary textbook published.

◎ September : The European Regional Study Sessions held in the U.K. (Bournemouth).

◆ 1992

◎ February : Asian Regional Study Session (Malaysia).

◎ March : Kenyan Regional Study Session (Nairobi).

◎ March : Oceanian Regional Study Session (Auckland).

◎ April : Training Camp in Australia (Newcastle).

◎ May : Shorinji Kempo sent its representatives to attend the “Basel Budo Show” in Switzerland.

◎ May : Training Camp in Italy.

◎ May : Representatives visited the US as members of the Japanese Budo Delegation.

◎ July : Eastern USA Regional Study Session (New Jersey).

◎ August : Canadian Regional Study Session (Vancouver).

◎ August : Shorinji Kempo sent its representatives to attend the “5th Anniversary of Sister Bridge Partnership between the Seto-Ohashi Bridges and the Golden Gate Bridge” held in the U.S. at the request from the Kagawa prefectural government (USA).

◎ August : Representatives visit Vancouver as members of the cultural exchange delegation sent by the Nippon Budokan to Canada (Vancouver).

◎ September : Malaysian Shorinji Kempo Federation established.

◎ October : The ceremony held to celebrate the 20th anniversary of promotion of Shorinji Kempo in France

◎ October : Training Camp in Spain.

◆ 1993

◎ April : Oceanian Regional Study Session in Australia (New Castle).

◎ April : Asian Regional Study Session (Jakarta).

◎ June : Representatives visited the US as members of the Japanese Budo Delegation (Phoenix).

◎ September : The “International Taikai ‘93” held in Osaka (at the Osakajo Hall), attended by 183 international kenshi from 14 different countries worldwide.

◎ September : The “International Study Sessions ‘93” held (at the Shorinji Kempo Hombu), attended by total 450 kenshi (including 290 international kenshi) from 20 different countries worldwide.

◆ 1994

◎ March : Training Camp in Italy.

◎ June : Representatives visited the US as members of the Japanese Budo Delegation (Minneapolis).

◎ June : The “Second Shorinji Kempo European Taikai” held in London, the U.K., followed by the ceremony held to celebrate the 20th anniversary of promotion of Shorinji Kempo in the U.K. (London).

◎ June : World Shorinji Kempo Organization (WSKO) Special Practice Session (London).

◎ July : The ceremony to celebrate the 20th anniversary of promotion of Shorinji Kempo in Portugal (Lisbon)

◎ July : Swedish Shorinji Kempo Federation established.

◎ July : Participation in the First Brazilian Embu Taikai held (Porto Alegre).

◎ August : Eastern USA Regional Study Session.

◎ August : Western USA Regional Study Session.

◎ September : Instructors sent to Kenya and Tanzania, Africa for two years

◆ 1995

◎ March : Asian Regional Study Session (Malaysia).

◎ April : Training Camp in Australia (New Castle).

◎ April : Oceanian Regional Study Session in New Zealand (Auckland).

◎ May : Training Camp in Sweden.

◎ May : Training Camp in Italy.

◎ May : Italian Shorinji Kempo Federation established.

◎ June : Representatives visited the US as members of the Japanese Budo Delegation (Albuquerque).

◎ June : European Regional Study Session (France).

◎ June : The Japan Foundation subsidy program African regional special seminar and demonstration show

tour (Kenya and Tanzania).

◆ 1996

- ◎ April : Oceanian Regional Study Session (New Castle).
- ◎ April : The Joint Los Angeles Regional Training Camp.
- ◎ May : Canadian Regional Study Session (Vancouver).
- ◎ May – June : Representatives visited the US as members of the Japanese Budo Delegation (Boston).
- ◎ May – June : Training Camp in Italy.
- ◎ August – September : Eastern USA Regional Study Session (New York).
- ◎ September : South American Regional Study Session (Porto Alegre, San Paulo).

◆ 1997

- ◎ February : The Japan Foundation subsidy program African regional special seminar and demonstration show tour (France, UK, Kenya, Tanzania).
- ◎ February : Portuguese Shorinji Kempo Federation established.
- ◎ March – April : The Japan Foundation subsidy program Asian regional special seminar and demonstration show tour (India, Sri Lanka, Malaysia, Indonesia).
- ◎ March : Training Camp in Italy (Milan).
- ◎ April : Dan-holders Training Camp in Sweden (Karlstad).
- ◎ June : Representatives visited the US as members of the Japanese Budo Delegation (Los Angeles and Hawaii).
- ◎ September : The “International Taikai '97 to Celebrate the 50th Anniversary and the “Ceremony to Celebrate the 50th Anniversary” held in Tokyo (Nippon Budokan), respectively.
- ◎ September : The “International Study Sessions '97” to Celebrate the 50th Anniversary of Shorinji Kempo” held in Kyoto (at the Kyoto Budo Center).
- ◎ September : The Hombu Practice Session for WSKO kenshi held in Tadotsu (Shorinji Kempo Hombu).



◆ 1998

- ◎ March – April : The Brazilian Regional Special Seminars (Sao Paulo and Sao Luis).
- ◎ April : French Shorinji Kempo Federation Special Practice Session.
- ◎ April : Italian Shorinji Kempo Federation Special Practice Session held. WSKO President Yuuki So had an audience with Pope John Paul II of the Catholic Church.
- ◎ April : The Japan Foundation subsidy program African regional special seminar and demonstration show tour (Kenya, Tanzania).
- ◎ May : Representatives visited Vancouver, Canada and Los Angeles, the U.S. as members of the Japan Budo Delegation.
- ◎ August : Western USA Regional Study Session (Silicon Valley).
- ◎ October : Oceanian Regional Study Session (Auckland).



◆ 1999

- ◎ April : Australian Federation Training Camp.
- ◎ April : Training Camp in Sweden.
- ◎ May : The ceremony to celebrate the 20th anniversary of the Sugakusa Branch (Germany).
- ◎ May : Representatives visited Canada as members of the Japan Budo Delegation. (Niagara).
- ◎ May : Training Camp in Italy (Norcia).
- ◎ June : The Japan Foundation subsidy program South-American regional special seminar and demonstration show tour (Brazil).
- ◎ June : Sao Paulo Branch Special Practice Session.
- ◎ July : European Regional Study Session in the UK (London).
- ◎ July : The 3rd European Taikai/British Shorinji Kempo Federation 25th Anniversary Commemorative Taikai (London, UK)
- ◎ July : Special Practice Session in Portugal / Ceremony to Celebrate the 25th Anniversary of Promotion of Shorinji Kempo in Portugal (Lisbon).
- ◎ August : Spanish Shorinji Kempo Federation established.
- ◎ September : Asian Regional Study Session (Kota Kinabalu).
- ◎ November : Oceanian Regional Study Session (Sydney).
- ◎ November : Indonesian Shorinji Kempo Federation National Taikai (Surabaya).



◆ 2000

- ◎ April : The Japan Foundation subsidy program Asian regional special seminar and demonstration show tour (Nepal, Vietnam, Malaysia).
- ◎ April : Italian Federation Training Camp.
- ◎ June : Representatives visited Cuba as members of the Japan Budo Delegation. (Havana).
- ◎ July : The Japan Foundation short-term sport expert dispatch project and Shorinji Kempo demonstration tour round Latin America (Guatemala, El Salvador and Ecuador).
- ◎ August : Canadian Regional Study Session (Vancouver).
- ◎ August : British Shorinji Kempo Federation Training Camp (London).
- ◎ September : 30th Anniversary Commemorative Ceremony in Sweden (Stockholm).
- ◎ September : Eastern USA Regional Study Session (New York).
- ◎ October : The Japan Foundation subsidy program African regional special seminar and demonstration show tour (Kenya, Tanzania, France).

◆ 2001

- ◎ April : WSKO 2001 Regular Board of Directors Meeting / Councilors Meeting / General Meeting (Paris, France).
- ◎ April – May : The “International Taikai 2001” and International Study Sessions held in France (Paris).
- ◎ May : Representatives visited Cuba as members of the Japan Budo Delegation. (Havana).
- ◎ May : The British Shorinji Kempo Federation attended the “Japan Week” event in London (London).



◎September : The British Shorinji Kempo Federation hosted the summer joint training camp (at Teikyo University London School in London).

◎September : The Japan Foundation subsidy program Eastern European regional special seminar and demonstration show tour (Finland, Russia and Ukraine).

◎December : Finnish Shorinji Kempo Federation established.

◎December : German Shorinji Kempo Federation established.

◆ 2002

◎March : Indonesian Shorinji Kempo Federation Training Camp (Jakarta).

◎May : The Japan Foundation subsidy program Latin American regional special seminar and demonstration show tour (Cuba, Brazil).

◎May : Brazilian Regional Study Session (Porto Alegre).

◎July : Western USA Regional Study Session (Los Angeles).

◎October : Oceanian Regional Study Session (Auckland, New Zealand).

◎December : Swedish Shorinji Kempo Federation established.

◆ 2003

◎February : Indonesian Shorinji Kempo Federation Training Camp (Jakarta).

◎March : Asian Regional Study Session (India and Sri Lanka).

◎April : Training Camp in Finland (Hameenlinna).

◎May : Italian Shorinji Kempo Federation Training Camp (Casale Monferrato).

◎July : The Embu-kai and Study Sessions to celebrate the 25th anniversary of the Italian Shorinji Kempo Federation in Messina, Italy. (Messina).

◎July : Spanish Federation Training Camp (San Sebastian).

◎August : British Shorinji Kempo Federation Training Camp.

◎August : North-America Western Regional Study Session (Alberta, Canada).

◎August : Indonesia Open (Bali).

◎September : The Japan Foundation subsidy program African regional special seminar and demonstration show tour (Kenya, Tanzania and Zambia).

◎September : British Shorinji Kempo Federation Training Camp.

◎October : The 4th Shorinji Kempo European Taikai (Paris, France).

◎October : European Regional Study Session (Paris, France).

◎October : Eastern North-American Study Session (Ann Arbor).

◎November : Training Camp in Toronto (Canada).

◎November : Representatives visited Turkey as members of the Japanese Budo Delegation (Istanbul).

◆ 2004

◎February : Indonesian Federation Training Camp.

◎May : Italian Federation Training Camp (Norcia).

◎May : Northern Europe Regional Study Session (Karlstad, Sweden).

◎June-July : The Japan Foundation subsidy program Latin American regional special seminar and demonstration show tour (Brazil, Chile and Cuba).

- ◎ August : Western USA Regional Study Session (San Francisco).
- ◎ October : Training Camp to celebrate the 30th Anniversary of promotion in the U.K. (London).
- ◎ October : European Regional Study Session to celebrate the 30th Anniversary of promotion in Portugal (Lisbon).
- ◎ November : Oceanian Regional Study Session (Gold Coast).
- ◎ November : Representatives visited Portugal as members of the Japan Budo Delegation. (Lisbon).

◆ 2005

- ◎ February : The training camp held to celebrate the 39th anniversary of the Indonesian Shorinji Kempo Federation in Jakarta, Indonesia. (Jakarta).
- ◎ February : WSKO sent its delegation to visit Dili, East Timor for inspection (Dili).
- ◎ May : Representatives visited Italy as members of the Japan Budo Delegation. (Napoli).
- ◎ May : Italian Shorinji Kempo Federation 10th Anniversary Commemorative Training Camp (Messina, Italy).
- ◎ July : The Japan Foundation subsidy program Eastern European regional special seminar and demonstration show tour (Russia, Ukraine).
- ◎ October : 2005 Shorinji Kempo International Taikai in FUKUI (Fukui).
- ◎ October : 2005 Shorinji Kempo International Study Session (Shorinji Kempo Hombu).
- ◎ November : Representatives visited Italy as members of the Japan Budo Delegation (Napoli).



◆ 2006

- ◎ February : Indonesian Shorinji Kempo Federation 40th Anniversary Commemorative Training Camp (Jakarta).
- ◎ April : Finnish Shorinji Kempo Federation Training Camp (Hämeenlinna).
- ◎ April : Spanish Shorinji Kempo Federation Training Camp (Granada).
- ◎ May : Italian Shorinji Kempo Federation Training Camp (Como).
- ◎ September : Eastern North-American Regional Instructors' Study Session (Toronto, Canada).
- ◎ September : The Japan Foundation subsidy program African regional special seminar and demonstration show tour (Tanzania and Kenya).
- ◎ October : Training Camp in Karlstad (Karlstad, Sweden).
- ◎ October : Oceanian Regional Instructors' Study Session (Auckland, New Zealand).
- ◎ November : Representatives visited Portugal as members of the Japan Budo Delegation (Salamanca).

◆ 2007

- ◎ January : Asian Regional Study Session (Kota Kinabalu, Malaysia).
- ◎ April : USA West Coast Training Camp (Seattle).
- ◎ April : Spanish Shorinji Kempo Federation Training Camp (Oviedo).
- ◎ June : The Japan Foundation subsidy program South American regional special seminar and demonstration show tour (Brazil and Chile).
- ◎ June : Visited European Taikai (Norcia).

- ◎ September : Northern European Regional Instructors' Study Session (Hameenlinna, Finland).
- ◎ October : Representatives visited Poland as members of the Japan Budo Delegation (Warsaw).
- ◎ November : Western North-American Instructors' Study Session (Los Angeles).
- ◎ November : 60th Anniversary Memorial Taikai (Tokyo).

◆ 2008

- ◎ May : Eastern European Regional Instructors' Study Session (Odessa, Ukraine).
- ◎ May : French Shorinji Kempo Federation 35th Anniversary Commemorative Ceremony (Paris).
- ◎ June : Spanish Shorinji Kempo Federation Training Camp (Granada).
- ◎ June : Portuguese Shorinji Kempo Federation Training Camp (Salvaterra de Magos).
- ◎ September : Training Session in Ontario area, Canada (Toronto).
- ◎ October : Western North-American Instructors' Study Session (San Jose, USA).
- ◎ October : 1st Shorinji Kempo North-American Taikai (San Jose).
- ◎ November : Representatives visited Brazil as members of the Japan Budo Delegation (Sao Paulo).



◆ 2009

- ◎ July : Upon the cancellation of the Indonesian World Taikai caused by a terrorist attack, the event was renamed to the "Shorinji Kempo Embu Exchange Taikai" and held with different content from originally planned (Bali, Indonesia).
- ◎ July : International Study Session held (Bali, Indonesia).
- ◎ November : Representatives visited Holland as members of the Japan Budo Delegation (Amsterdam).

◆ 2010

- ◎ March : British Shorinji Kempo Federation dismissed.
- ◎ August : South-American Regional Instructors' Study Session (Porto Alegre, Brazil).
- ◎ September : 2nd North-American Taikai (New York, USA).
- ◎ October : Representatives visited Mexico as members of the Japan Budo Delegation (Mexico City).

◆ 2011

- ◎ February : U.K. Special Study Session (London).
- ◎ March : Special Practice Session in Switzerland (Basel).
- ◎ April : United States Shorinji Kempo Federation established.
- ◎ June : European Taikai, European Regional Study Session (Monaco).
- ◎ August : Asian Regional Instructors' Study Session (Kota Kinabalu, Malaysia).
- ◎ August : The Japan Foundation subsidy program African regional special seminar and demonstration show tour (Kenya and Tanzania).
- ◎ August : Eastern European Regional Instructors' Study Session (Moscow, Russia).
- ◎ September : Oceanian Regional Instructors' Study Session.

◎ November : Representatives visited Germany as members of the Japan Budo Delegation.

◆ 2012

◎ January : Ukrainian Federation established.

◎ January : U.K. Shorinji Kempo Federation established.

◎ April : Spanish Shorinji Kempo Federation National Taikai (Cartagena).

◎ May : Finnish Shorinji Kempo Federation Training Camp (Jyvaskyla).

◎ June : Italian Shorinji Kempo Federation Training Camp (Messina).

◎ July : U.K. Shorinji Kempo Federation Training Camp (London).

◎ August : North-American Regional Taikai, North American Regional Instructors' Study Session (Vancouver, Canada).

◎ October : French Shorinji Kempo Federation 40th Anniversary Commemorative Ceremony.

◎ October : Representatives visited Poland as members of the Japan Budo Delegation (Delhi).

◎ November : Southeast Asian Regional Special Instructors' Study Session (Ho Chi Minh, Vietnam).

◆ 2013

◎ August : 2013 Shorinji Kempo World Taikai in Osaka, Japan (Osaka).

◎ August : Shorinji Kempo International Study Session (Shorinji Kempo Hombu < Headquarters > Kagawa).

◆ 2014

◎ February : The courtesy visit of President Yuuki So to the training camp for students of the United Kingdom Shorinji Kempo Federation (Edinburgh, the UK)

◎ May : Shorinji Kempo Unity Study Session (Stockholm, Sweden)

◎ June : National Taikai 2014 in Spain (Seville, Spain)

◎ June : Shorinji Kempo Unity Study Session (Portland, USA)

◎ June : National Taikai 2014 in Italy and training camp (Latina, Italy)

◎ July : South American Regional Instructors' Study Session (Porto Alegre, Brazil)

◎ August : Events of 40th anniversary of Shorinji Kempo in the UK: demonstration, a publication party and study session (London, UK)

◎ September : Training camp 2014 in Finland (Helsinki, Finland)

◎ October : Shorinji Kempo Unity Study Session (Granada, Spain)

◎ October : Special support activities for administration (Habana, Cuba)

◎ December : Brazilian Shorinji Kempo Federation established.

