

少林奇拳法

SHORINJI KEMPO



ABOUT SHORINJI KEMPO

Founded in Japan in 1947 by Doshin So, Shorinji Kempo is a highly spiritual hand-to-hand combat system that emphasises mutual respect and harmony. It consists of a combination of philosophy, mastery of techniques, and special education system. Through the Shorinji Kempo philosophy, students are taught how to nurture their bodies and minds, to help each other, and coexist in harmony. Mastery of techniques enables students to enjoy advancement and growth, and a sense of achievement. The education system combines these elements into a progressive curriculum encouraging practitioners to contribute to their communities.

Shorinji Kempo aims to nurture individuals who consistently strive and develop their potential for the benefit of all people. The kicks, punches, and holds are dynamic and effective, but are never used to initiate aggression. Avoidance of violence and mutual cooperation are the goals of Shorinji Kempo.

