

Shorinji Kempo

Shorinji Kempo was adapted from Chinese Kempo and is widely practiced in Japan. Shorinji Kempo combines religion, meditation and martial arts. It teaches a variety of techniques with striking and kicking as well as some [Aikido](#) style throws, locks and holds. Some Shorinji Kempo schools also teach a variety of healing methods.

Although Shorinji Kempo is a very complete and effective martial arts system, it is not as popular in the West as Karate, mainly because of the strong emphasis on religion and meditation.

Origin of Shorinji Kempo: Japan

Founder of Shorinji Kempo: So Doshin in 1947