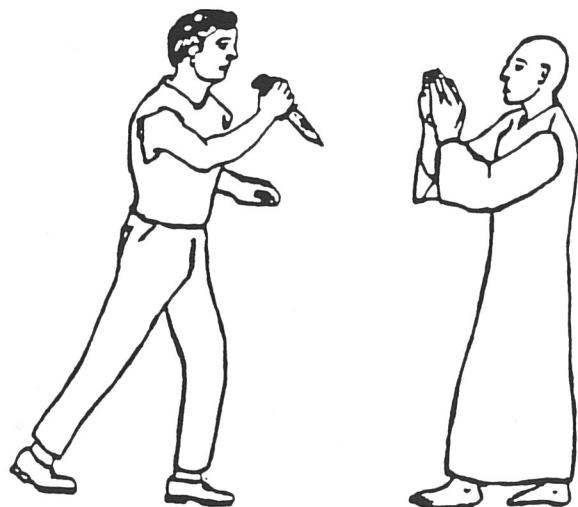


SECOND HAND AND STANCES POSITION

The palms facing outward This position is for defending against an opponent with a club or knife.

Meaning; I am not carrying any weapons, I have an open heart that wishes harm to no person or thing. Looking through the center hole means, to see only the good parts of man.



**OPENED HANDS
POSITION
USE THE
ESCAPE PATTERNS**

THIRD HAND AND STANCES POSITION

The praying position is for defense against deadly weapons, such as a pistol

Meaning: Asking God's mercy and help



**PRAYING POSITION
USE THE
ESCAPE PATTERNS**

Laughing at an attacker is sometimes a dangerous form of aggression. Do not allow yourself to think of teasing an attacker into a blind rage by grinning at him. Such an act would be using your skills to tease and bully another.

The proper attitude is competence. Some of your moves may strike him funny. Smile with him at that moment. This is a good time for you to say something like, "This is silly". He might agree. Thus, a road to peace is being established.

Remember that psychology is a part of your True Self-Defense pattern.

MOTTO: (*Please believe in God, respect the law, especially do not use any violence or break the law for any reason and cooperate with all law officers. Live in peace and be happy. Thank You!*)

KOSHO-SHOREI BREATHING EXERCISE

The people with the secrets of long life in India, Tibet, China and Japan, all follow this method with slight variations. Thousands of years of practice have consistently proven that it works. Modern doctors can detect the results. Why it works is not important. The fact that it does work is important. Kosho-Shorei exercises differ from most in one respect. The exercises are for a good shape and natural health, beauty, strength, and life-long True Self-Defense. Each exercise does all these things.

None of the exercises will be right unless the breathing is correct.

All breathing is done through the nose. This is because the nasal (nose) passages are equipped to filter air, also to warm cold air, as well as cool hot air for the lungs.

First, inhale (slowly) deeply through your nose. You are reaching for the bottom of your lungs. Bring more air into your stomach (Meaning under the navel). Swallow it to below your navel. Push down with your stomach muscles. Exhale. Repeat this exercise ten times.

The center of energy is slightly below the navel. The center of power is in the waist and buttock muscles. The following exercise builds energy, power, strength and health.

The position you are to take is commonly called the "Horse Position". Place the feet at shoulder width on the floor. Toes pointed straight forward. Raise up and down on your toes ten times. Now, squat slightly, bowing your legs as if riding a horse. Put inward tension in your legs, as if squeezing a horse. Keep your upper body straight, at attention.

Place the left fist in the palm of your right hand. Hold the hands slightly below your navel. Do your deep breathing exercise, swallow-

ing the air to below your navel. Hit yourself ten times below the navel. Exhale. Repeat this exercise ten times (Do not hit too hard.) Build up to hard blows over a period of weeks, or months if necessary. Release your heels to turn on and point your toes inward. The position will be pigeon-toe and knock-kneed. Squeeze inward, as if gripping a horse, ten times. Point the toes outward in the same manner. The position of the toes should point to "ten o'clock" on a clock. Now, squeeze the horse ten times.

Point the toes straight forward from your body again. Now, bounce up and down, with your leg muscles, exactly as if riding a horse.

AUTHOR'S NOTE

This type of breathing exercise is excellent for those who suffer from asthma and other related lung problems.

MOTTO: (*Please believe in God, respect the law, especially do not use any violence or break the law for any reason and cooperate with all law officers. Live in peace and be happy. Thank You!*)

CHAPTER 7

KOSHO-SHOREI IS THE ORIGINAL SYSTEM

Kosho-Shorei is the original system, taught by God I (the author), can teach you with this book, provided you read it carefully and practice seriously what it teaches. Of course you could learn more easily in the Kosho-Shorei Temple of Peace, True Self Defense and Kosho-Shorei Yoga School. In areas where there are no schools of this art however, you will have to learn from this book.

The True Self-Defense Arts were founded by the 28th patriarch of Buddhism. The Dharuma taught his art to develop the spiritual and physical powers for a long and healthy life. He taught his art first to the Monks of the Shoalin Temple, and called it a Temple Dance, with no body contact.

A Chinese warrior saw the Temple Dance, which showed how to escape from attackers by using the jumping arts. He combined the Chinese Martial Arts with the Temple Jumping Arts and called it "Shoalin Kenpo", which is a Martial Art.

Of course, Buddha and the Dharma (or Daruma) did not teach how to punch, chop or kick others. Their philosophy was: "Do not kill or injure another human being because we are all God's creations."

Shaolin Kenpo was then introduced to Okinawa. Later Okinawa became a prefecture of Japan. There, one Lord ruled and controlled Okinawa. He decreed that citizens could not keep or use any weapons. So, the people of Okinawa learned to fight with their bare hands. They secretly developed a fighting art, in which they use the chop, punch, and kick to a person's vital nerve centers.

The Okinawa Shaolin Kenpo name was later changed to Karate,

which is an evil weapon and an evil art. This art is used to kill or injure other human beings.

Before the Second World War, Okinawa Karate was introduced to Japan (inland). There, the army, navy, and police force refused to use Karate because they thought of it as an evil art.

After the Second World War, Karate was introduced to America and other countries. Today, some teachers who teach the art are not qualified to teach; however, since some people are willing to pay money for anything these fakes teach them.

In America, some fake Karate teachers are selling "Black Belts". The Black Belt system was founded by Professor Kano, who was the founder of Judo. The Karate people have copied the Judo Black Belt ranking system.

The interested student will be able to see further ahead than instructed in this section of this textbook. Such a student should not move ahead.

Often, it is the intelligent person that fails at the higher levels or encounters difficulty, because of missing small details in the beginning. Details the slow plodding student mastered.

Students cannot learn or master an art by jumping from system to system. So please, first master the Kosho-Shorei True Self-Defense system before trying another system. Once you have mastered this system, if you think that there is a better system, then learn the other system. See the differences between the Kosho-Shorei True Self-Defense system and the other systems.

At present, I (the author) believe that there is no better or higher art than the Kosho-Shorei True Self-Defense system. We (the ancestors and present Grand Master) have studied many arts from different parts of the world, arts such as: Kenpo, Karate, Kung-Fu,

Ju-Jitsu, Judo, wrestling, boxing, sword and knife fighting, lance and spear fighting, stick fighting, bow and arrow fighting, fighting from horse-back with weapons, swim fighting, and other arts. The reasons for learning these Martial Arts was to teach our students how to defend themselves against attackers by using only the Kosho-Shorei True Self-Defense escape patterns with no body contact. We always win over the attacker, both spiritually and physically, because God is on the side of the Kosho-Shorei Temple of Peace. Our students avoid killing or injuring attackers because it is God's will.

We, the Kosho-Shorei Temple of Peace, learned how to help people injured by attackers or accidents, and to help those having diseases. We have studied the nervous system (Acupuncture), how to massage the body muscles, the blood system and other oriental medical arts.

The Kosho-Shorei Temple of Peace art of spiritual healing is taught to our disciples. This is done by using energies and mind control that God and nature has given to us, for all good purposes. These energies come from the sun, air, and water which are stored in the body.

(EXAMPLE OF SPIRITUAL HEALING)

To do spiritual healing first pray to God for His power to heal. Second, take a deep breath through the nose and push it to below the navel. Then, place the left hand on top of that person's head that you are healing and place the right hand to where that person is feeling pain. Now, with mind control, let the energy flow to do the healing. The person to be healed must believe in God and have faith in Him for His will to be done. Remember, after the healing you should pray to God to thank Him.

When God created mankind and animals, He also created herbs. These herbs are used to cure sickness and injuries. We, in Kosho-Shorei, also use herbs and have been using them for many centuries. These herbs have been used and are still being used by the North American and South American Indians - and by other people from many countries, including Africa.

Kosho-Shorei Masters learn and develop mental powers. For it is said in the Bible that man has power over all that is on or in the earth. With this mental power, we can control animals and other human beings. If this mental power is not properly used, it can kill, injure or make other people sick. God said we cannot use this power for evil purposes, no matter if a person is an enemy. So, we do not practice the evil arts.

In Kosho-Shorei True Self Defense, we have studied many Yoga systems and found that our system of Kosho-Shorei is the best. Some Yoga systems are no good because those who master them can kill or injure another human being with energy directed by the mind. These Yogi misuse their mental powers for practicing evil. In our Temple of Peace, we only use this energy and power which God and nature have given us for good, and never use it for evil.

Yoga is a very highly specialized branch of knowledge that Buddha collected and modified for making a very beautiful branch. All the branches of the tree (of True Wisdom) are beautiful. Christ advised us that we could tell the quality of the tree by the fruit it bears. So there is only one true wisdom.

It has been the author's pleasure to be friends with a true master of Yoga. These are the sweetest, most beautiful people one could ever hope to meet. One of them and I, (the author) spent many a glorious day in California. We had some wonderful discussions. He explained that the Yoga teaching method is designed toward refinishing the body and soul toward purity.

There are true Yoga Masters who appear to be almost Saints to the average person. They have taught and spread Indian Yoga all over the world. Countless thousands of people have developed healthier minds and bodies because of them.

One of the high Self-Defense artists took some energy control and philosophical aspects of God, then blended several Martial Arts into a soft art with body contact. He presented me, (the author) with his system's highest degree (honorary). The fact that I accepted the honorary degree should speak for itself. The man created a spiritual control Self-Defense art, but not a True Self-Defense art. Any art with body contact is not a 'true' art, because there is always a chance to injure or kill another human being.

Moving meditation is not easy to master, but it is the key to advancement for all parts of Kosho-Shorei True Self-Defense. No one can become a Master of Kosho-Shorei True Self-Defense without the proper awareness and energy flow.

Surprisingly, I, (the author) have noticed that in the Indian Yoga exercises they are not practicing True Self-Defense (how to escape from attackers and accidents.) This is rather astounding. The friends of the author who are True Masters of Indian Yoga agreed whole-heartedly on this point.

This is the first textbook. As the series of textbooks develops, you will be taught exercises that are better than Yoga exercises. This series of textbooks will teach you True Self-Defense. True Self-Defense involves physical defense skills until the mental skills are developed. Realistically, there are some situations you can neither talk your way out of or run away from (Example: The criminal has your very young child by the hair.) Quite possibly, you cannot fight your way out of the situation either. Still, the first concept in nature is survival. If there is one correct answer left between surviving and

not surviving, you will have that one correct answer. Remember, get into the praying position and ask God for His help. Then, say to yourself, "I am going to survive, and my child is going to survive also."

The Kosho-Shorei Yoga School has centuries of teaching experience behind it. We can, and we will, teach you how to fight for your child's life.

Consider this: A person is drowning. His life passes before his eyes. What is this?

It is the survival mechanism activated inside the brain. The brain is desperately searching its entire memory bank, looking for an answer to the situation. If there is no answer, you will drown. But, if at any time in your life, you have been taught how to tread water, or swim, when the survival mechanism finds that memory cell, it actually takes over and you will begin to tread water or swim.

Kosho-Shorei has the method of activating the survival mechanism, as taught by Buddha. It is much better than hypnosis and you will learn it in time. It is the natural way. It is in your mind, even better than the survival mechanism that allows drowning persons to suddenly learn to swim. You were born with it! You were created to survive!

The point is this; The Kosho-Shorei Temple of Peace, True Self-Defense and Kosho-Shorei Yoga School will teach you to survive.

What you learn from moving meditation can help you throughout your life.

The Great Grand Master will teach you, and teach you well - even through the medium of books. Of course, you could learn easier and better in a Kosho-Shorei Temple of Peace - but, you will learn and learn well, if you practice seriously, hard, and faithfully - and follow instructions in this textbook. You will gain much more by studying this textbook - like a good student!

Be a good student! Succeed at higher levels of Kosho-Shorei!!
You are the important part in the educational process! You are
also the one who benefits the most!

MOTTO: (*Please believe in God, respect the law, especially do not use any violence or break the law for any reason and cooperate with all law officers. Live in peace and be happy. Thank You!*)

CHAPTER 8

FIRST MEDITATION

(ENERGY GATHERING MEDITATION)

The first movement is in three parts. Do not think of it as three separate parts, but rather as one movement. It is energy gathering meditation.

First, stand straight in a natural stance with the hands in the praying position. Remember to keep the toes pointed out to forty-five degree angles and the chin in.

Now, slowly go into the covered fist position to about one or two inches below the navel. In this position your body is relaxed, especially in the shoulders.

Take a deep breath through the nose, **swallow it** and push it to below the navel, then exhale. Do this ten times. During this time, and the next movement, your mind is empty of all thought. A negative, blank emptiness. The mind is empty and the only awareness is a line of the downward push below the navel.

This is not symbolic thought. A Kosho-Shorei Minister can feel a disciple's developments. The secret to this exercise is to blank the mind and to move the energy to below the navel. (Remember that the air goes through the nose to below the navel area.) Oriental doctors say that breathing through the nose is the proper way to breathe, because the nose has hairs to filter the air, which stops floating particles from getting into the body. People who breathe through the nose live long, healthy lives! Do the nose breathing exercises and receive the benefits! (Do the exercise **Ten Times**.)

SECOND MEDITATION

Repeat the first part of this exercise ten more times. This time however, apply pressure below the navel with the inside edge of your hands, a light tapping blow. Flex the abdominal muscle forward against your hand edges when tapping. After about a month of practice, increase the tapping to fairly solid blows. Increase the power of the blows again, about a month after that. The hand movements, for this tapping and later blows are never more than an inch and a half away from the navel and **below the navel**.

Be sure the pressure and tapping are lighter than you think they should be the first few times you do this, otherwise, the next morning you might hurt clear to the short ribs and to the back muscles.

DISCUSSION

During the first twenty deep breaths and tapping below the navel area, your brain has been discharging energy downward to the storeage tissue areas inside the lower abdominal region. Your mind is blank with downward pressure during this period.

There are no exact English words for the "Mind State". The Sanscript phrases of, "blank, peaceful, tranquil, discharging energy", are descriptive, and perhaps adequate enough. You will feel it and then word labels will not be important. Start at the top of the brain if it helps, and let it settle downward through the whole neck, chest, and body. Think of it as a water level going down through the body, as in a container.

Now, use a slight downward mental awareness to keep the energy stored below your navel. You are left with a peaceful, tranquil nothingness in your upper body and mind, a peaceful and relaxed body.

AUTHOR'S NOTE (READ CAREFULLY)

Those of you who have preconceived ideas from other systems may have to clear your mind of specific details. Much later, Kosho-Shorei will show you how to channel energy down to the spine through specific nerves, and how to energize specific centers. Use the "water level in a container" thought process to master this first lesson. Forget all outside information (and mis-information). Do it the way you are taught in this textbook. Otherwise, go back to the old school that failed to teach you. Had it taught you, would you be here? Forget what did not work enough to hold you from further searching.

MOTTO: (*Please believe in God, respect the law, especially do not use any violence or break the law for any reason and cooperate with all law officers. Live in peace and be happy. Thank You!*)

THIRD MOVEMENT (MENTAL CONCEPT)

With the awareness of energy, like a glowing ball, behind, in and below the navel, the mind now opens to the Universe. First, to the Sun of the day, then to the Moon and Stars of the night. The Universe is what we see on a clear, beautiful day and night, when looking up into the heaven of the skies. Then the emptiness of the mind is open to the emptiness of space, so now the energy from the Sun, Moon and Stars is flowing into the receiver (your brain), and downward to the storage areas.

SYMBOLIC THOUGHT

The mind is empty. The door (shield) slides open from the center of the brain. The door splits above the brain. The left side of the door slides toward the left ear, and the right side of the door slides toward the right ear. The energy then flows in and downward, where it is tapped and concentrated into storage areas behind the navel area.

AUTHOR'S SPECIAL NOTE

In the total context of the Kosho-Shorei concepts, there are no such absolutes as "Nothing" or "Empty". The verbal descriptions are only to aid the disciples. Scientists have described the Author's brainwaves at three peaks per second during the tapping and collecting of Sun energy period. One of them developed a theory that reduced mental activity allows more "Universal Flow" energy into the brain (He also calculated the amount of energy, and also the amount of energy in one cubic centimeter of air.) Perhaps, scientific minded persons will find "Reduce Brainwaves" a concept that will aid them. Remember, we are dealing with a word description.

intended to help you find the way. This moving meditation work is important. The fact that it does work, and is beneficial, is of primary importance to you.

FOURTH MOVEMENT (PHYSICAL AND MENTAL ENERGY COLLECTION)

The mind is tranquil and empty. The collected energy is in a ball and below the navel (See the Coat of Arms Exercise, for the Covered Fist Below the Navel position) Slowly move your hands in a wide circle to a point at about a foot above your head

The left hand is arched left, the right hand to the right, both at the same time.

The door edges at the top of your head move further open with the movement of your hands. The doors are fully open to the sky when you touch your thumbs and index fingers together, about a foot above your head. They are half open, (when started from the covered fist below your navel position), when half your circle is made in the air. This is the relationship you must establish. It is to feel!

You are to allow the flow of energy from the sky above you to flow into the "Nothingness" of your mind for just a little while (about one minute), but if you try to think of seconds or heartbeats, you will be setting up a "shield" of thought patterns. So, touch your thumbs and index fingers together, without thought, and after a moment, begin shutting the doors by moving your hands in the circle back around to the "below your navel" position.

If your mind was "blank" (peaceful and tranquil) the energy flowed downward by attraction and joined with the energy you were holding in a ball below your navel area.

Again; The first movement to Kosho-Shorei meditation is ten deep breaths and swallow (gulp), inhale the air through the nose.

There are ten more such inhalations, with tapping and flexing of the abdominal muscles, to below the navel

During this time, there is a downward mental pressure pushing the energy from the top of the head, down the body, and into the area below the navel. This leaves the area behind the downward push "empty".

The hands slowly move outward, forming a circle that comes together as your thumbs and index fingers touch in front of you (About a foot above your head).

The door at the top of the line of your head (brain) swings in direct relationship to the upward movement of your hands.

The energy flowing in the Universe flows in and downward, to below your navel. You shut the door.

Now, inhale air once more. Swallow it, and tap the energy into the storage tissues, (about five taps), relax. Perfect this first movement before reading the next part, or you may be forever lost!

WARNING

(DO NOT READ ANY FURTHER AHEAD,
UNTIL YOU MASTER THE ENERGY COLLECTION)

The last exercise dealt with the weakest form of energy, although it may feel strong to you. Remember, you are just beginning! In the Temple of Peace, we let the disciples "play" with this energy they collect from the first movement. One reason is that we want to see what the disciple does with it. Another reason is that the "playing" demonstrates the energy to the disciple, and makes him more aware of it.

SUGGESTED USAGE OF ENERGY COLLECTION

1. Release it and let it flow up to the brain. You will enjoy the high-toned mental activity.
2. It usually "Drifts" to the brain slowly if ignored. This is a good way to express it, in art and music. Simply forget the energy and concentrate on painting (or whatever you are best at) or music. Be sure there is some room for spontaneity in areas of your art-form for the best results (A pure mathematical or rigid art require you to express the energy for a moment)
3. There is a place in the brain, roughly two inches from the ball vertebrae (where the skull and spine seem to join), going toward the center of the forehead. Move the energy there. (You will feel a "glow", if energy is also added at obviously key sensation centers.) This is one of the easiest things to do as energy is exchanged between two people who truly love each other. It occurs quite naturally. If your spouse suffers aches and pains, the use of the energy during a massage, will help. You are dealing with low energy. The natural love between two people increases the transfer flow, where it might not flow as readily between strangers.
4. If you should be curious, or interested, in using energy to dominate or harm other people, now is the time, try it. Store up at least three day's supply of energy. Will-power, hate, and the sense of power (and the thought of gloating over your victim) should help you maintain the energy. You need a clear picture in your mind of exactly what it is that you seek to accomplish.
5. If you really tried to be evil, you now know why a true Christian and Buddhist will leave disharmony. You know why Christ taught "Love your enemies". You are welcome to stay within the Temple of Peace. Many great Ministers learned from such a

lesson in early training If you are not convinced, it is best that you try again, with low energy and be sure, before developing higher energies. If you cannot convince yourself to love, you should leave for your own good I can tell you NO more than that

6. The energy is excellent for extra sensory perception type games A little experimenting at this point is harmless There is the danger in becoming overly interested in little parts and forgetting the whole Think of E.S.P. as a toy, and no harm will come of such experiments If you stay out on that limb of the tree of wisdom, you may spend your whole life there, and not accomplish very much Most E.S.P. has to be "Turned Off" to be comfortable in civilization

A large problem for people who study Kosho-Shorei in a diligent manner, is "Turning Off" unwanted E.S.P. A simple experiment would be to be bound and gagged in a room where five radios are playing on different stations, and with ten women talking about men, politics and religion Your eyes are unveiled to let the mind and spirit be projected The past and future are crowded in upon you Do you really want Extra Sensory Perception?

It is natural to be curious about E.S.P. Play with it if you wish Do not take it seriously at this point The time will come when you must give it serious consideration

7. Birds, flies, small animals and reptiles are attracted to the energy, especially when you concentrate it into your feet Hands are almost as good, but tend to scare small creatures Extra thought is required to reassure small creatures about the hands Give thought to all possibilities before playing For example, you may also discover that the lice on the birds are attracted to the energy.

Parents must tell children not to touch a great many things, such as hot stoves or lamp cords when a lamp is on a table above the child's head. The teacher must tell the newer students some of the unpleasant facts of life. It is impossible in this book to put forth the many situations that arise.

Being conservative and cautious and using common sense will avoid most problems with energy use. Allow yourself six months of actual experience with energy from the first movement of moving meditation before going to the second movements in the next book. Above all, learn from the hundreds of little, unpleasant, facts of life that go hand in hand with growth.

An intelligent child does not burn his fingers on a hot stove because he was forewarned. The Author (Grand Master of Kosho-Shorei), tells you it is better not to play with evil E.S.P. Hundreds of silly things of which people make mysteries, are labeled all sorts of clever names indicating magic of one sort or another. The first three suggested ways for using energy (See page 109) are the best, at this point.

MOTTO: (*Please believe in God, respect the law, especially do not use any violence or break the law for any reason and cooperate with all law officers. Live in peace and be happy. Thank You!*)

WARNING

IF YOU REALLY WANT THE NEXT LESSONS TO WORK FOR
YOU AND

BENEFIT YOU, YOU MUST NOT READ AHEAD
UNTIL YOU UNDERSTAND THIS SECTION

IT IS VERY IMPORTANT FOR
DEVELOPING THE MIND AND SPIRIT.

SIMPLY GET A PENCIL, PAPER, TIME PIECE AND A SMALL
MIRROR TAKE THESE WITH YOU TO A QUIET SPOT, A
PLEASING AND PRIVATE PLACE THAT YOU ENJOY. PLAN
TO BE THERE AT LEAST ONE HOUR REMEMBER, A PLACE
THAT YOU ENJOY!

SECOND PART OF FIRST EXERCISE

Now, with pencil, paper, time piece, and a small mirror at hand, go to a quiet place and do this lesson.

1. Think of yourself and the people you love the most. Get them clear in your mind.
2. Now, make a list of the things they do that irritate you.
3. Go down the list very slowly. Vividly recall each incident. Think about what you would really like to say or do about each of these incidents.
4. Now, make a list of the really stupid, mean, and unthoughtful things they have done to you.
5. Now, really recall these things in vivid detail.
6. Make a list of all other people, such as bosses, friends, enemies, neighbors, ethnic groups, religious, politicians, and strangers, who have done thoughtless and mean things.
7. Recall these in vivid detail.
8. Go over the entire list, one by one, and recall the events in vivid detail.
9. Add qualities in others you cannot stand to this list. Recall specific incidents. Think of bills and taxes.
10. Do not turn the page until you have worked at the exercise for at least one hour.

How is your blood pressure, stomach, heart and nerves? You are alone in a peaceful place. No one has bothered you, except yourself perhaps.

What is the date, the day, and the time? Whatever it is, you have just lived in the past, present, future, and imagined worlds. Certainly, you have not just spent a tranquil, peaceful hour with the present reality.

This exercise is called "negative meditation". It should be done about once a month to check progress.

People within the range of what we call 'normal' can shake off the stimulating effects by looking at their face in a mirror for about five minutes.

Negative meditation is quite natural to humans. Its most productive form is in defining a problem. Once the problem is defined, look in the mirror, take exercise - sleep on it, if necessary. Once the emotion is separated from the problem, the mind can see logical answers. Answers of love, peace and harmony.

Struggle is the law of growth

Nature is a moving process. Growth continues until what we call death. There is no death in nature, only recycling and movement.

MOTTO: (*Please believe in God, respect the law, especially do not use any violence or break the law for any reason and cooperate with all law officers. Live in peace and be happy. Thank You!*)

Movement is struggle. Struggle is growth
Love yourself
Love your neighbor
Love your enemies
Above all
Love God, and be thankful, everyday
That He did not place you
In some person's opinion
Of what a perfect world might be
Including your own opinion, because
Without Struggle, there is no nature
As we know it, in this Universe
And you would be
A frozen nothing in
Your perfect world!!

T here is no such thing as
nothing
in Nature
as we know it
and
all of the somethings
in Nature
are in movement
and
growth
and
this is a perfect world
Look in the mirror
again

MOTTO: (*Please believe in God, respect the law, especially do not use any violence or break the law for any reason and cooperate with all law officers. Live in peace and be happy. Thank You!*)

THOUGHT DEVELOPMENT TEST

THE LAW VERSUS

A VERY POOR FAMILY AND

THE PEOPLE OF THE COMMUNITY

You are a Kosho-Shorei follower and have studied the Kosho-Shorei Philosophy. This story actually happened in Japan many years ago. The case was heard in court and the honorable Judge found the defendant guilty of first degree burglary. He showed the defendant no mercy and sentenced him according to the law.

About a hundred thousand people of the community demonstrated against the honorable Judge because he showed no mercy. They demanded his resignation, saying "He was cold blooded and inhuman".

At that time, the people of the community had the power to make the honorable Judge resign. So, the honorable Judge asked the Grand Master of Kosho-Shorei for his help and opinion on the case, because he knew that the people loved and respected the Grand Master so much. They called him a Saint and said he was just like Buddha.

(Now, before you read the Grand Master's opinion, I want to test you. This is to see how well you have learned the Kosho-Shorei Philosophy.)

THE CHARGE IS BURGLARY

The defendant is the poorest man in the community and is living with his wife and three children. He was an honest and hard working man until he lost his health. He could not work and his

wife was pregnant. She could not find a job, so there was nothing to feed the children. They had not eaten for a week, and drank only water, and the children were crying because they were hungry.

On seeing this, the defendant lost control of his mind and entered a house at night. He stole some gold to buy food so he could feed his family and himself.

After the defendant bought food, the store owner reported him to the police. This was because the defendant paid for the food with gold and he never before had gold.

The police arrested the defendant and took him to jail. They then took him before the honorable Judge and he was found guilty of first degree burglary. The honorable Judge showed the defendant no mercy and sentenced him according to the law, to prison.

When the people of the community heard that the honorable Judge showed no mercy, they sympathized with the poor defendant. This was because the poor man was honest, worked hard, and had always helped the community before he lost his health.

So, the community sent their leader to speak to the honorable Judge in behalf of the defendant. He asked him to show leniency to the defendant and to place him on probation. He told him, "The community has repaid the gold to its owner and they wish you to give the defendant a chance to reform. Furthermore, the community does not wish the defendant to go to prison, and the owner of the gold is in agreement with the community."

The honorable Judge said, "The law is the law. I must respect the law, so I cannot change my mind."

When the leader of the community called a community meeting together, and told them what the honorable Judge had said, they became angry and wanted the honorable Judge to resign. So, all the community cried out, saying, "The honorable Judge is cold-blooded and inhuman!"

Now, you are the Judge. How would you decide this case? Are you for the Judge and the law, or are you for the community? Be impartial. Have your answer clear in your mind before looking at the next page for the Old Grand Master's opinion. Take all the time you would need to make a decision (Think! This is a learning process!)

IF YOU HAVE AN ANSWER
EITHER FOR THE JUDGE OR THE COMMUNITY
YOU HAVE FLUNKED THIS TEST

Here is the Old Grand Master's opinion to the Judge and the people of the community.

We are all God's creations and have the right to survive. We must respect the law, and the law must give a person the chance to reform. A law system that is too strict is no good, nor is a community that is too lenient.

In deciding this case, we must use God's mercy. The law was right in doing what it did, and so was the community. Meaning "You cannot take sides without seeing both sides." So, the law and the community must cooperate with each other. Otherwise, there can be no peace in our society.

I ask that you show the defendant mercy, and place him on probation. I will take the responsibility of seeing that he reforms and that his family is cared for.

So, the honorable Judge did what the Old Koshō-Shorei Grand Master asked, and all the people of the community were happy.

They had a big party for the defendant and the guests of honor were the old Grand Master of Koshō-Shorei and the honorable Judge.

AUTHOR'S NOTE

Students, please re-evaluate some of your ideas and remember above all, you are a human being. You have the power to use God's mercy in all judgments, so do not fear doing right in God's eyes.

Now, you have seen that in this case the honorable Judge was too strict and showed no mercy. But, the Old Grand Master of Kosho-Shorei had no fear and asked the honorable Judge to use God's mercy. The honorable Judge listened to the Old Grand Master, and everybody in the community was happy.

I (the Author) wish you would follow the Old Grand Master's opinion and always temper justice with mercy. Also, remember the Kosho-Shorei Temple of Peace, True Self-Defense and Kosho-Shorei Yoga School's Coat of Arms and Motto.

MOTTO: (*Please believe in God, respect the law, especially do not use any violence or break the law for any reason and cooperate with all law officers. Live in peace and be happy. Thank You!*)

CHAPTER 9 (ATTENTION)

This chapter consists of eight different parts. They are very important, so please seriously learn and master them.

PART 1

THE METHODS PRESERVED THROUGH THE CENTURIES
FOR SPIRITUAL ENLIGHTENMENT,
PHILOSOPHICAL WISDOM,
NATURAL HEALTH,
NATURAL BEAUTY AND
TRUE SELF-DEFENSE

These are the methods that were preserved in the Temple of Peace. As nature is moving (growing and changing), appropriate words in English can be, School or Church Kosho-Shorei is a school of the True Religion of True Self-Defense.

You can live to be over one-hundred and thirty years old and be strong and in perfect health and work like a young man through these spiritual and physical exercises.

These principles are the same throughout the world. True wisdom is Universal. It matters not how the wise men found it. How they found it is unimportant to you. You need not be an expert farmer to enjoy the flavor of a peach. To think on the complex nature of a tree can distract you from the fruit.

The secret is to do, rather than sitting around thinking about wisdom.

I give you the instructions God gave humanity for True Self-Defense against sickness and old age! Follow these instructions.

and receive the benefits of a long and healthy life!

This book is written in the United States of America Buddha taught that the laws and customs of the country one is in must be followed

AUTHOR'S NOTE

Should anyone reading this book be bed-ridden or have any sickness and be under a doctor's care, obey your doctor's orders. If you are wondering whether you should see a doctor about some sickness, by all means see one and obey his orders. Medicines and skills of the Western World are a form of wisdom which God created so they must be respected.

Simply ask your doctor if he has any objections to your doing whatever you can of these exercises. To be precise, ask him if they will interfere with the treatments that he gives you.

AUTHOR'S NOTE
(MEDICAL DOCTORS ARE GOD'S BEST CREATIONS)

MANY PEOPLE GROW ILL AND PRACTICE ONLY MEDITATION OR FAITH HEALING. THIS IS VERY DANGEROUS. AS I HAVE SAID BEFORE, "MEDICAL DOCTORS ARE PART OF THE WHOLE OF GOD'S CREATIONS", SO RESPECT AND OBEY THEM

ESPECIALLY BE SURE TO HAVE A CHECK- UP FOR CANCER AT A CANCER PREVENTION CENTER AT LEAST TWICE A YEAR CANCER IS VERY DANGEROUS, AS THERE ARE OFTEN NO SYMPTOMS UNTIL IT IS **TOO LATE**. EVEN IF THE DOCTOR SAYS THAT IT IS HOPELESS, SOMETIMES GOD WILL SAVE A PERSON WHO PRAYS EARNESTLY AND SINCERELY.

MOTTO: (*Please believe in God, respect the law, especially do not use any violence or break the law for any reason and cooperate with all law officers. Live in peace and be happy. Thank You!*)

PART 2
KOSHO-SHOREI IS A RICH WAY OF LIFE
YOU ARE WELCOME TO USE AS MUCH OF IT AS YOU WISH
TO ENRICH YOUR LIFE
SPIRITUAL EXERCISE

Once again, to think upon the various ways this might work is to look at the tree, and become distracted from the fruit. It does work! Wisdom is to do it and reap the benefits.

Upon waking up in the morning, the first thing to do is to talk to yourself. You are a part of all of the Universe. You are a part of God. Address yourself forcefully, clearly and with great respect.

THIS IS AN EXAMPLE

Should your name be Mr. Smith, say to yourself, "Good morning, Mr. Smith! How are you, this morning? Fine! Thank you very much! How old are you, Mr. Smith? I am not old. I am very young. How long are you going to live, Mr. Smith? Like the Grand Master Daruma, I am going to live to be over one-hundred and thirty years old, and work like a young man!"

(EXAMPLE)

The important part of early-morning conversation with God within yourself, is respect. Do not nit-pick. Why mention a slight pain in a small muscle when the whole beautiful, complex body is running well?

You are a part of nature. Nature is energy interacting with matter. The Life-Force, the God within you, is who you are communicating with. Energy is inside matter! You are establishing respectful communication. The respect and communication blends together (energy with matter) forming a stronger bond of harmony and love. This is the whole of it.

The more labels, thoughts and intellectual inquiries you make into the possible reasons for the benefits of this principle, the more interference you create in the internal communications. The final step is for energy and matter to speak to each other, to build a friendship on mutual love and respect. There is no human system that can do more than introduce the parts to you - to the whole.

For those of you who are sick, or starting Kosho-Shorei late in life, you must work slowly in order to obtain perfect health.

The problem is to bring the matter (the body) to the fullness of energy (God) intended in nature. Harmony is an example for your waking up exercise.

Question; "How are you this morning Mister Smith?"

Answer, "I am fine, thank you"

Question; "I am pleased to know that you are fine, Mister Smith. What about your blood pressure?"

Answer, "I am cured. The doctors are helping me. God is helping me. My body has returned to the state of perfect health, which God and Nature intended me to have. God created me to live in harmony and to be useful to Him, to our country and to our society - to be a healthy, productive part of the Universe. I am well!"

MOTTO: (*Please believe in God, respect the law, especially do not use any violence or break the law for any reason and cooperate with all law officers. Live in peace and be happy. Thank You!*)

AUTHOR'S NOTE

REMEMBER, WHEN YOU TALK TO YOURSELF IN THIS MANNER, YOU ARE TALKING TO THE MOST IMPORTANT PART OF ALL LIFE AND THE SPIRITUAL FORCE IS CONTAINED WITHIN YOUR LIVING BODY.

PART 3 HEAD AND EYE EXERCISE

With this exercise, you will start and finish in the praying position. Now, get into the covered fist position. Remember, the feet are at shoulder width and the toes are pointed at forty-five degree angles. Do the breathing to below the navel with this exercise.

Very slowly, stretch your neck by moving your head back, and look up as far as you can. Keep the eyes wide open. This puts stress on the eyes and strengthens them. Do not use the body, only the neck. Slowly return to the center position, looking straight ahead.

Now, slowly turn your head to the left. Stretch your neck as far as you can in the same direction. See as far as you can behind you, without any body movement. Focus the eyes straight ahead from your face and try to see as wide an angle as possible. Raise your head as much as possible. Remember to move slowly. Return your head to the level position. Slowly return to center. Repeat this exercise on the right side. At center, the eyes are lifted up, back to center, as far down as is reasonably possible, and back to center.

Use a wide-open focus, looking into the far distance. When possible, look at the blue sky, blue ocean and the mountains when doing this exercise. In the house, try to rest your eyes on blue or green colors.

PART 4

HAND, FOOT AND TOE EXERCISE

1. From the praying position; Take a deep breath and push it below the navel, then bend down Place your hands in front of your feet on the ground, at 45-degree angles With your palms facing downward, turn the hands inward Use the heels of your hands for a better grip (The purpose of this exercise is to build up your fingers, hands, arms and shoulders) You will complete this exercise in the praying position
2. Now, standing in the praying position; Take a deep breath and push it to below the navel Slightly bend your legs and place your feet at 45-degree angles While applying pressure with the toes downward, try to turn the feet inward - in the same manner as the hands exercise (The purpose of this exercise is to build up your toes, feet, legs, back muscles and your mental powers.)

When doing the foot and toe exercises, you should think of yourself as being a tree with roots that are growing downward and outward from the trunk and into the earth to support itself The toes grip objects for support and the tree grips the earth for the same reason (If a tree could speak, it would say to itself "No one or anything can push me over!" You will soon see that when your feet and toes work in harmony with your steps, there is a firm, sure footed foundation to your movements.

When walking as humans are designed to walk, humans do not suffer high blood-pressure. This is because the leg muscles become fully developed The blood is distributed throughout the body in the manner in which we are designed

Much has been said in recent years about the beneficial effects of jogging on the heart This is because the **leg muscles** help push the blood through the body. The heart gets an opportunity to rest by

having to do less work By gripping with your toes, the entire leg muscle system is set into movement Soon, each step you take becomes a full-muscled step that defends against high blood-pressure and heart trouble.

A standing structure depends upon the foundation. Teachers constantly explain good posture. There are hundreds of books on the subject They all say the same thing Knowledge and wisdom is universal

Become aware of your toes! Think about them Wiggle your toes Practice picking up objects with your toes Walk around barefooted if it is convenient Practice pointing at objects with your big toes Bounce up and down on your toes, like an American boxer, for a few minutes each day. Jump rope if you wish It goes without saying that the more effort you put into Kosho-Shorei, the greater the benefits you will receive

As you progress with your toe exercises, begin using your feet in harmony with your hands Start by using objects easy to handle, such as a piece of cloth Throw it with your hand and pick it up with your toes

You are now learning what Western coaches call 'hand- to- eye coordination' with your feet Simply, this means you can place your hands or feet exactly where you look Catching a ball, and the game of "Jacks" are simple examples of the use of hand- to- eye coordination Kicking a 'bean bag' is a good example of eye- to- foot coordination

Work your way from picking up rags with your toes and placing them in your hands, to picking up **very small** objects Practice using your **big toe like a thumb**. This is done by pinching and pulling on cloth Finally, begin picking up heavier objects, such as your shoes, and placing them in your hands

Your leg muscles are being exercised. You are learning balance. As these exercises progress, you will find yourself standing straight in perfect balance, picking up things with your toes and placing them wherever your hands happen to be.

For those of you interested in True Self- Defense, the natural way is the correct way. All books on proper posture say the same thing because there is only one proper posture. All books on body mechanics will say the same thing because our bones, tendons and muscles work the same way. If you work with the Kosho-Shorei toe exercises diligently, you will soon be able to do anything with your legs. On television, you may see an acrobat or a toe dancer. There are very similar positions for each of them. This is because humans are designed similarly by nature. These are natural positions for healthy humans. The key note in Kosho-Shorei is respect for others. Respect for others means an open mind and interest in others. Those who are interested in others watch and learn from them. Later in this book you will learn some basic Kosho-Shorei exercises. If you watch a good football player moving around opponents, you will be watching good balance, coordination, and body mechanics. Do not limit yourself to these examples. Kosho-Shorei, in essence, is the result of centuries of study of the physical and spiritual nature of humans. It is as universal as the human experience. Respect others! They are part of the whole, the Universal God!

AUTHOR'S NOTE (FOR THOSE OF YOU WITH POOR HEALTH)

SOME PEOPLE BELIEVE ONLY IN DOCTORS AND MEDICINE. OTHERS BELIEVE ONLY IN SPIRITUAL HEALING. THE TRUE SECRET IS A BLEND OF BOTH. GOD CREATED MAN WITH THE ABILITY TO BECOME DOCTORS. MEDICINE IS A PART OF NATURE. GOD ALSO CREATED MAN WITH THE POWER OF MIND TO HEAL THE BODY ITSELF. TO DENY A PART OF THE WHOLE IS LESS THAN WISDOM. FIRST, FOLLOW YOUR DOCTOR'S INSTRUCTIONS. EXPLAIN THE TOE EXERCISES TO HIM. ASK HIM IF THESE WILL INTERFERE WITH WHATEVER TREATMENTS YOU MAY BE RECEIVING FROM HIM. THEN, FAITHFULLY, FOLLOW THE EXERCISES TO WHICH HE HAS NO OBJECTIONS. WITH THESE, COMBINED WITH FAITH, YOU WILL RECOVER. YOU WILL RETURN TO THE STATE OF GOOD HEALTH, WHICH GOD AND NATURE DESIGNED FOR YOU. THESE ARE HELPFUL TO GOD, NATURE, MANKIND AND SOCIETY.

MOTTO: (*Please believe in God, respect the law especially do not use any violence or break the law for any reason and cooperate with all law officers. Live in peace and be happy. Thank You!*)

AUTHOR'S NOTE

(MEDICAL DOCTORS ARE GOD'S BEST CREATONS)

MANY PEOPLE BELIEVE ONLY IN SPIRITUAL HEALING. THEY ARE AGAINST DOCTORS, OPERATIONS AND MODERN MEDICINE. THIS IS WRONG. IF YOU FEEL SICK, YOU SHOULD SEE A MEDICAL DOCTOR - AT THE SAME TIME, ASK GOD FOR HIS HELP. GO TO A CANCER CLINIC, AT LEAST TWICE A YEAR. OFTEN, CANCER DOES NOT CAUSE PAIN IN ITS EARLY STAGES. YET, THIS IS THE BEST TIME FOR IT TO BE DISCOVERED AND CURED. TAKE CARE OF YOUR HEALTH. THIS IS TRUE SELF-DEFENSE!

PART 5

RECOVERING FROM LOSING YOUR BALANCE

In the Kosho-Shorei Temple of Peace, True Self Defense and Kosho-Shorei Yoga School, we teach our disciples and students how to recover their balance when they lose it.

This exercise is a very important one. This is because there is always a chance of slipping or losing your balance and falling. When walking, you should keep your body weight over your feet.

Do you remember reading story six in Chapter Five (The Great Grand Master Thank You-Masa)? In the story the Great Grand Master Thank You-Masa, at the age of 120 years old, was walking in the rain one day. While walking he slipped, but recovered his balance by jumping (Meanwhile, he escaped from being injured by jumping.) When walking, the Great Grand Master Thank You-Masa, would always walk with his body weight over his feet. So, readers of this book, you must learn to walk in the same manner as the Great Grand Master Thank You-Masa.

Disciples and students, know why a person loses his balance. A person loses his balance when the feet are touching the ground and his weight is not evenly distributed over them. To regain your balance, simply jump or hop and replace your feet directly under you.

EXAMPLE: When standing, if someone pushes you from behind, in which direction will you fall? It is natural to fall in the direction in which you are pushed. If you use your body and arms properly, you can control the direction in which you will go. By turning your whole body as you jump - and snapping your arms in the same direction, you will land where you wish.

When jumping, make sure to bring your legs and feet directly under your body. In doing so, you will eliminate the chances of slipping and falling.

Disciples and students, please practice standing on one foot and bend your knees. Now, in that position, shift your weight either to the right or left and let yourself fall. When starting to fall, jump and regain your balance.

MOTTO: (Please believe in God, respect the law, especially do not use any violence or break the law for any reason and cooperate with all law officers. Live in peace and be happy. Thank You!)

PART 6

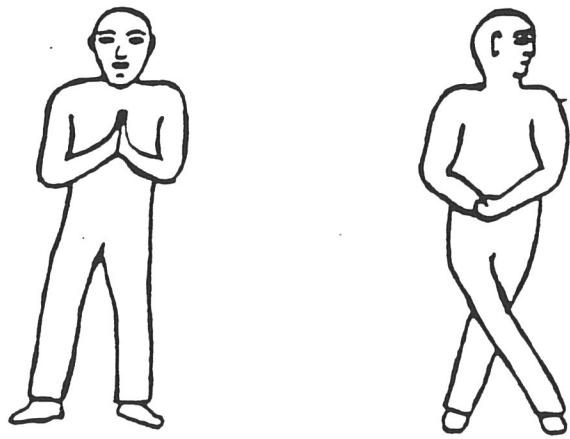
(KOSHOU-SHOREI SECRET METHOD EXERCISE) THE SIDE WALK OR SIDE STEPS

Start and finish this exercise in the praying position. From the praying position, take a deep breath and push it to below the navel. At the same time, place the hands in the covered fist position, below the navel. Now, tap or push the air in the navel three times, then exhale. Take another deep breath and push it to below the navel. This time, hold the air in and turn your head to the left. Now, take three steps in the same direction in which you are facing. (This is done by stretching and crossing the legs as far as possible.) After the side steps, face straight ahead and then exhale.

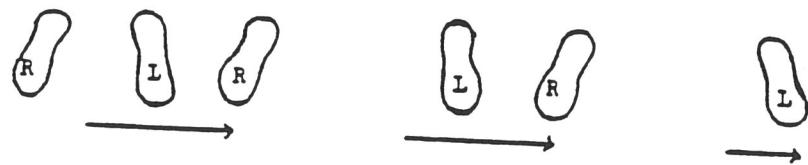
Take another deep breath and push it to below the navel. Hold the air in. Now, turn the head to the right and take three steps in the same direction in which you are facing. After the side steps, face straight ahead and then exhale. This is one set. Start with three sets and work your way up to as many sets as possible at both sides.

In Kosho-Shorei True Self-Defense, we practice this exercise because people only walk straight forwards and backwards and cannot change directions without losing their balance.

In practicing the side step or side walk, you will find that you are safer when walking up and down stairs, hills or roofs. It is also good when moving through tight places, so you can prevent accidents. In an attack, you can escape easier by using the side step or side walk.



(Praying to God for Peace)



To the Left, Right foot in front



To the Right, Left foot in front

MOTTO: (Please believe in God, respect the law, especially do not use any violence or break the law for any reason and cooperate with all law officers. Live in peace and be happy. Thank You!)

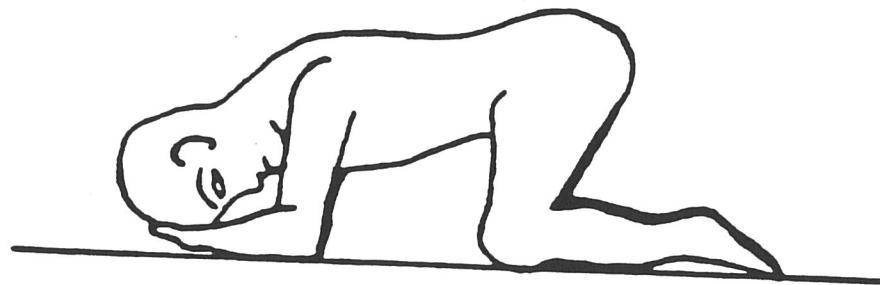
PART 7

SAFETY FALLING EXERCISE

This exercise is for beginners and will be very important to you if you should ever fall. Master this exercise because it will be important in another chapter.

Start from a praying kneeling position. Now, with the hands open and the fingers close together, bend forward and place the left palm flat on the floor and the right palm next to the left hand with the fingers crossing. The hands should be directly even with the forehead. This is in case you fall, you will not hit your head on the ground.

Women and children should master this art because in the next text book you will learn how to fall like a cat. You will never fall and touch your back or body front on the ground. This includes your head. (After mastering this exercise from the kneeling position, master it from a standing position.)



Do a few push ups every day because it helps to build up the arms and shoulders.

PART 8
NATURAL BEAUTY COMES FROM
NATURAL HEALTH
(COLD WATER MASSAGE)

Immerses a towel in cold water and wring it out. The object is to scrape the skin to a healthy pink glow. The pores will be closed by the cold. All oil and dead skin will be removed.

Start with the neck. Work down the front of the body, and then to the back. Dip the towel into the cold water several times and wring it out each time. Work your way down to the feet.

If you have any ailments at all, give extra massaging action to these areas.

This whole beauty treatment works on two principles; First, the skin is thickened by the cold. Second, the briskness of the rubbing action brings friction heat, and thus blood circulates to below the surface of the skin.

Those with heart trouble may benefit by starting the cold towel action at the toes and working upward.

At the waist, change to the hands and work your way up to the arms. Then, do the neck and torso. This is an ancient method of relaxing the heart.

A modern cause of heart trouble is a lining of "Fat" inside the arteries. It is important that your doctor knows exactly what kind of exercise and self-treatment you are thinking of doing.

Kosho-Shorei exercises are better than jogging exercise for several reasons. If you have heart trouble, the doctor will know exactly what you are doing. A jog in cold wind, for example, subjects your body to a different set of actions than on a warm day. Cold towel massage prevents heart problems due to "Fat" in the arteries.

Doctors are not in total agreement about the benefits of exercise for some type of heart trouble. In some cases, they may feel that the "Shock" of a cold towel massage is not good for a weak heart. Another doctor may express a totally different opinion. In any event, doctors are concerned persons who have done much for mankind. Respect your doctor! Follow his advice. You must not experiment with suggestions from books without first consulting your doctor, if you are already suffering an illness.

The Author would not even mention cold towel massage in connection with heart problems except in the context that it is a part of the Kosho-Shorei experiences. Over the centuries they have helped enough people to be worthy of mention.

The main purpose of cold towel treatment is for natural health and natural beauty. Do the face last. Use a circular motion on the skin, under and around the eyes. You will soon see your complexion become smooth and rosy.

Face powders, especially the cheap ones, are harmful in the long run.

The exercises in this book affect the whole body system. A sensible diet and exercise program streamlines your whole body. Kosho-Shorei exercises strengthen the lower back. The modern trend in women's waists are thinner backs with more arch in them. The absence of lower back problems, the thin waist, may be developed by increasing the range of the picking up of objects with the toes exercise. Ballet exercises are excellent for the waist.

Women whose legs tend to become **bulky** with muscles can reduce them by picking up objects with their toes, turning them loose, and kicking at them. These are **snap kicks**. Try to kick the object before it hits the ground or floor.

A strong, graceful, flexible body is beautiful, but nature intended some builds to be different from others.

True beauty is more than a healthy complexion and a physically developed body. It is the enthusiasm for life! It is the entire glow of tranquility, harmony and interest in others! You are as much as you think you are. Remember your morning spiritual exercises. The mental set affects the body. You are younger. (This strongly refers to a more vital spirit, and healthier body; thus "younger" in age). You are interested in other people. You think of ways to bring about and cause harmony around you, (thus practicing tranquility).

Think of the great **Thank You Masa** for a moment his personality. This was an outward expression of his Love and Interest for others. They smiled with him, they were happy to see him. He was a Beautiful Person!

You are a Beautiful Person! Look through the **Open Hand Position** that sees only good in others. Respond to it! Be glad! Be happy! Express your True Inner Beauty!

AUTHOR'S NOTE

For beginners, if you want to use a dry towel, do so. Sometimes use a long handled brush. Also, after taking a hot bath or hot shower, the cold water massage or a cold shower will help to prevent you from catching a cold.

CHAPTER 10

KOSHO-SHOREI METHOD OF JUMPING, EXERCISES FOR HEALTH AND TRUE SELF-DEFENSE

These are some of the very basic jumping patterns and exercises of Kosho-Shorei True Self-Defense. They must be practiced until they become instinctive to be effective. The muscles will develop with these exercises. You must be able to do these with little effort before going on to the more complex patterns in my text book. Remember, you are working for speed, distance, and balance. The faster and further you can move out of harms way, the safer you can be.

ATTENTION

All the jumping exercises start and finish in the praying position. Remember, the hands are always in the praying position. Also, while doing each exercise, you will say the word "peace" with each movement (See the Kosho-Shorei Coat of Arms exercise 12, for the starting position.)

The feet are at shoulder width and the toes are pointed at forty-five degree angles; now you are ready to do these exercises.

**TRUE SELF-DEFENSE ESCAPE PATTERN
NUMBER 1
TEN JUMPS STRAIGHT FORWARD**

Starting from the praying position, place your feet apart at shoulder width and keep them there during the exercise. The toes are pointed at forty-five degree angles for better balance.

Before you start jumping breathe slowly in and out ten times through the nose. Do it deeply, using the abdomen muscles. Be sure to feel the energy from the air below your navel!

Now jump ten times forward. The distance should be the best that you can do. Work on it until you can do it non-stop ten times. Keep the chin tucked in and the body straight.

"Beginners" should start with three sets and then work up to ten sets daily.

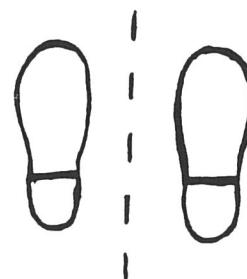
ATTENTION

Remember the best True Self-Defense is once you have jumped clear from the aggressor, run away fast. Do not forget to practice running, because running away is the best True Self-Defense.

MOTTO: (*Please believe in God, respect the law, especially do not use any violence or break the law for any reason and cooperate with all law officers. Live in peace and be happy. Thank You!*)

**TRUE SELF-DEFENSE ESCAPE PATTERN
NUMBER 1
TEN JUMPS STRAIGHT FORWARD**

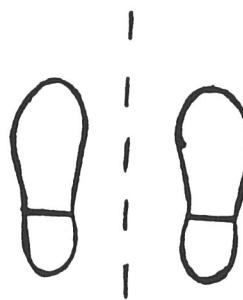
LEFT FOOT



RIGHT FOOT

CENTER LINE

LEFT FOOT



RIGHT FOOT

STARTING POSITION

Jump ten times straight forward. This is one set. Beginners should only do three sets, then work up to ten sets.

**TRUE SELF-DEFENSE ESCAPE PATTERN
NUMBER 2
TEN JUMPS STRAIGHT BACKWARD**

The first exercise is easy compared to this one. You will have to work harder on this one. Work until you can jump backwards exactly as you do forwards! Hard work is the secret. Do not be discouraged, it can be done! This exercise is important! Later on in the Kosho-Shorei jump patterns you might be instructed to jump forward two times, backward four times, then make three jumps to the side. (That was just an example; do not practice it.) Work hard on this one.

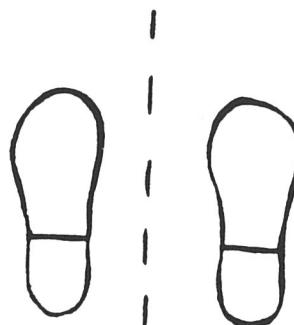
When you are jumping as well backwards as you are jumping forward, make one exercise of the first and second one.

When you can jump forward ten times, doing your best, and return to your starting position, and then make ten backward jumps, you are doing very well!

**TRUE SELF-DEFENSE ESCAPE PATTERN
NUMBER 2
TEN JUMPS STRAIGHT BACKWARD**

STARTING POSITION

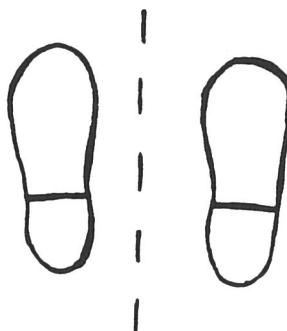
LEFT FOOT



RIGHT FOOT

CENTER LINE

LEFT FOOT



RIGHT FOOT

Jump ten time backward. This is one set. Beginners should only do three sets, then work up to ten sets

AUTHOR'S NOTE

When you learn from this book you are your own teacher, the best teacher! The best teacher demands perfection from a student! Remember, you are working with the Art of True Self- Defense, that is religious in nature. In the stories in the front of this book you learned it is not allowed to injure another human. Therefore, you are not going to hurt an attacker's body with a powerful and discouraging block or blow. You are going to speak of peace and harmony!

This is the highest of Buddha's Temple Arts! Demand perfection of yourself!

ATTENTION

You will master each escape pattern, both forward and backwards, before moving on to the next Escape Pattern.

TRUE SELF-DEFENSE ESCAPE PATTERN NUMBER 3

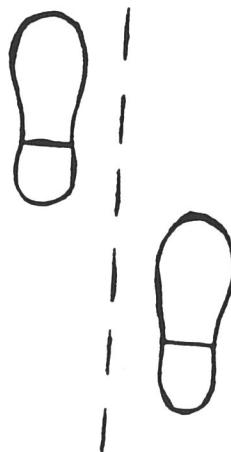
TEN JUMPS STRAIGHT FORWARD, LEFT FOOT IN FRONT

The center in the diagram, means the center of balance. The Author assumes anyone interested enough in the subject of this book to study it will strive to learn good posture. Good posture is very important.

To find your exact position for this exercise, stand exactly as if you were going to start your first exercise in this chapter. Raise your left hand to shoulder level. Straighten your arm out in front of your left shoulder. Place the center of your foot on the ground, directly under your left elbow. Drop your arms to your side, and check your balance. Get into the starting praying position. Now, jump forward as you did in the first exercise.

TRUE SELF-DEFENSE ESCAPE PATTERN
NUMBER 3
TEN JUMPS STRAIGHT FORWARD, LEFT
FOOT IN FRONT

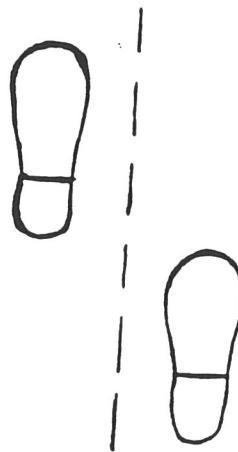
LEFT FOOT



RIGHT FOOT

CENTER LINE

LEFT FOOT



RIGHT FOOT

STARTING POSITION

BEGINNERS: Do three sets of ten.

IMPORTANT

After you do the exercises well; return to the starting pos by jumping backward the same way.

The object of speed, distance, and perfection remains the same with every exercise in this chapter. As a test; after you can go forward ten times and return to the starting position, you may experiment by suddenly reversing directions in mid-jump. This is to say, you might go seven forward jumps, three backwards, six forward, then five backward, ending up in the starting position.

Remember, such experiments are only tests for balance and mobility. You are just checking to see that you are doing the exercises correctly.

MOTTO: (*Please believe in God, respect the law, especially do not use any violence or break the law for any reason and cooperate with all law officers. Live in peace and be happy. Thank You!*)

TRUE SELF-DEFENSE PATTERN

NUMBER 4

TEN JUMPS STRAIGHT FORWARD, RIGHT FOOT IN FRONT

Reverse the third True Self-Defense Escape Pattern. This means the right foot is now forward at the extended arm elbow distance. The rest of the exercise is exactly the same.

These third and fourth exercises are two different exercises. You must think of them as two different exercises!

Work for perfection. Do not cheat yourself!

Remember, you are working with the highest form of True Self-Defense.

Perfection is required. Using the patterns, you and the attacker both are going to realize you moved into a position where he is exposed to harm for a moment.

You are not going to harm him. This requires the highest form of courage. Most people in such a position would harm the attacker. They would do it through fear. Fear that if they did not stop the attacker by injuring him he would manage to injure them. Buddha taught no harm to others. He also taught us not to allow harm to ourselves.

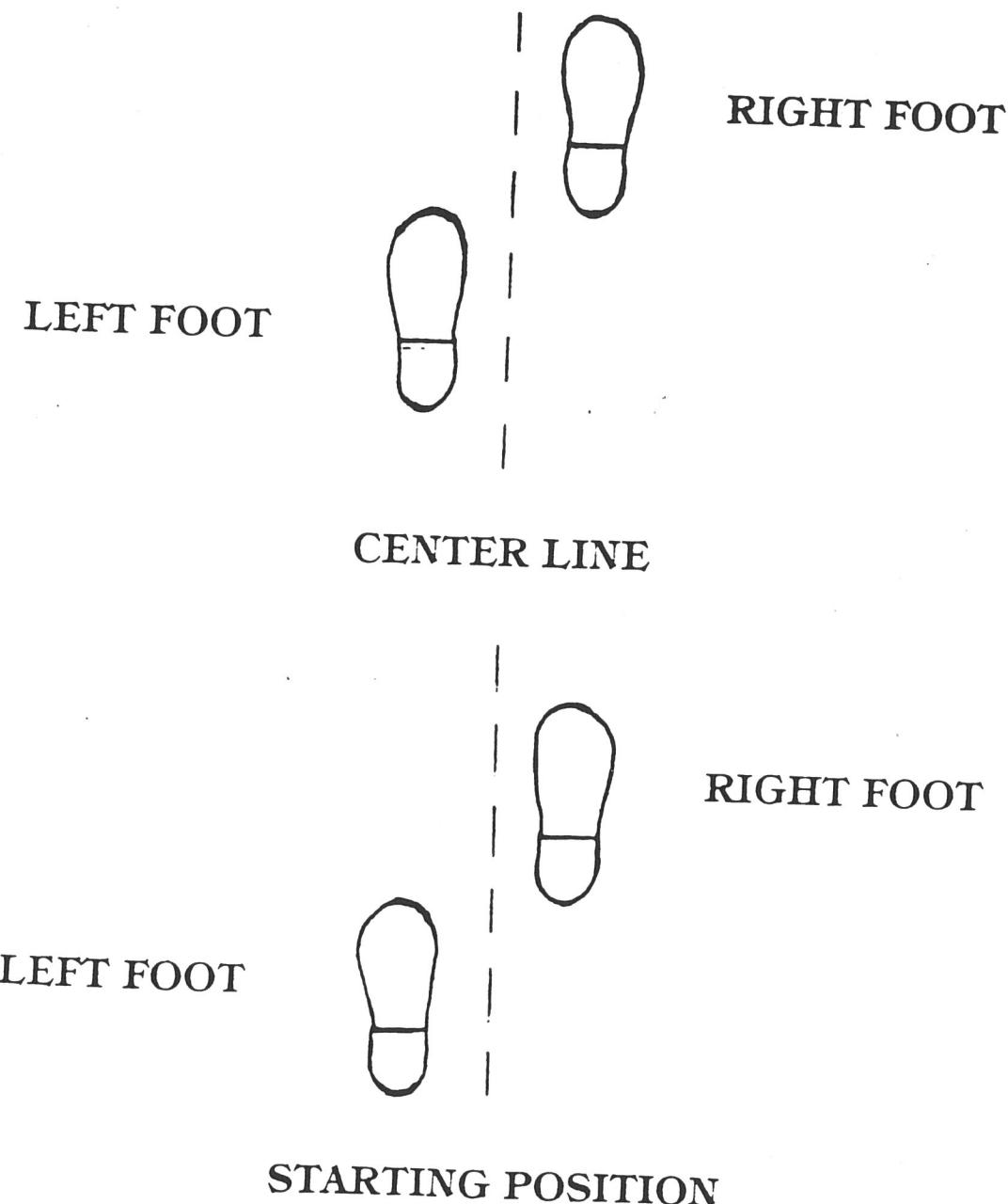
Do you remember Story 4, (The Test), in Chapter 5? In that story the third disciple was disqualified for receiving a bruise on his arm. So, your moves must be perfect!

The great courage you display, and the satisfaction of teaching an attacker to live in peace and harmony will all come to nothing if you fail through lack of exercise and practice!

You must perfect these first four exercises before going any further!

**TRUE SELF-DEFENSE ESCAPE PATTERN
NUMBER 4**

**TEN JUMPS STRAIGHT FORWARD, RIGHT
FOOT IN FRONT**



BEGINNERS: Do three sets of ten

**TRUE SELF-DEFENSE ESCAPE PATTERN
NUMBER 5
TEN FORWARD ZIG-ZAG JUMPS TO THE
LEFT**

By now, you should know the correct posture and the correct width of the feet to the shoulders.

All exercises are done in sets from three to ten "Beginners" should start at three sets.

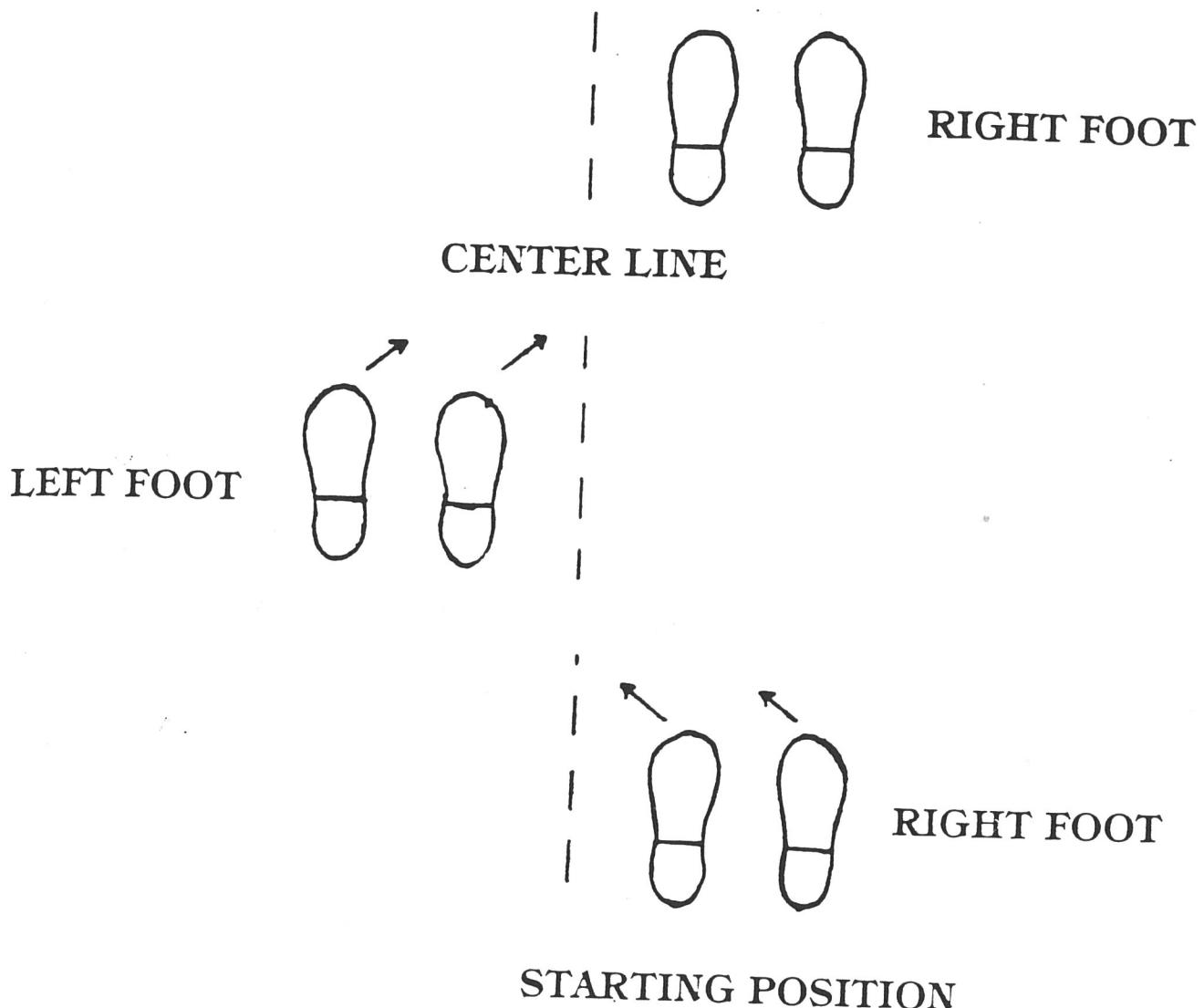
This is simply the first exercise done at an angle. Learn to do it well forward before trying to do it backward.

(CAUTION)

Do not overdo this exercise the first two weeks! This exercise builds strong legs for forward motion

MOTTO: (*Please believe in God, respect the law, especially do not use any violence or break the law for any reason and cooperate with all law officers. Live in peace and be happy. Thank You!*)

**TRUE SELF-DEFENSE ESCAPE PATTERN
NUMBER 5
TEN FORWARD ZIG-ZAG JUMPS
TO THE LEFT**



se
BEGINNERS: Do three sets of ten

**TRUE SELF-DEFENSE ESCAPE
NUMBER 6
TEN FORWARD ZIG-ZAG JUMPS TO THE
RIGHT**

This exercise is exactly the same as the Fifth True Self Defense Escape Pattern, except you jump to the right on the first jump Backward, you jump to the left on the first jump.

It is important to think of the Fifth Escape Pattern, because backward it is the first move in a jump left pattern.

Make sure you can jump the distance either right or left.

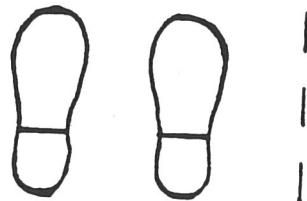
The purpose of the "Zig-Zag" pattern is to discourage your attacker. When using zig-zag jumps, the attacker gets discouraged and has a very hard time trying to catch you. So, practice hard and master these patterns.

(ATTENTION)

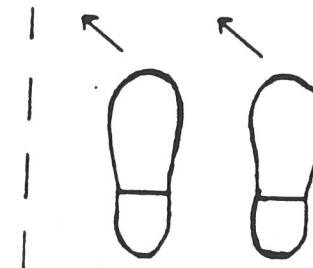
Remember, during World War Two, the United States Navy successfully used the zig-zag pattern against enemy Torpedo Boats.

**TRUE SELF-DEFENSE ESCAPE PATTERN
NUMBER 6
TEN FORWARD ZIG-ZAG JUMPS
TO THE RIGHT**

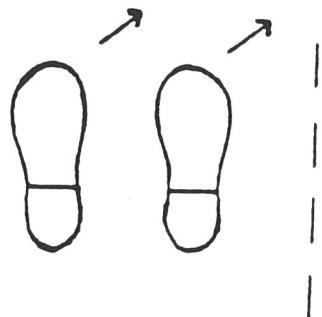
LEFT FOOT



CENTER LINE



LEFT FOOT



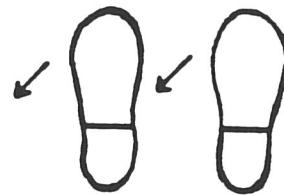
STARTING POSITION

BEGINNERS: Do three sets of ten

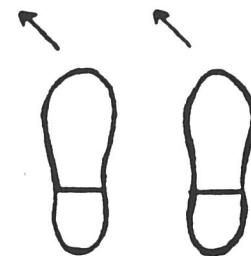
**TRUE SELF-DEFENSE ESCAPE PATTERN
NUMBER 7
TEN ZIG-ZAG JUMPS TO THE LEFT SIDE**

If anyone attacks you from the front or back and there is no room to move forward or backward, use zig-zag.

LEFT FOOT



RIGHT FOOT

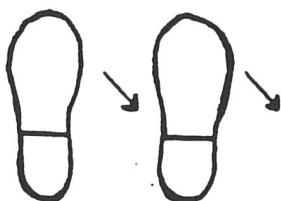


STARTING POSITION

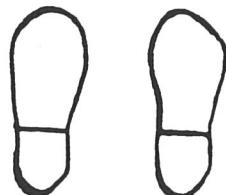
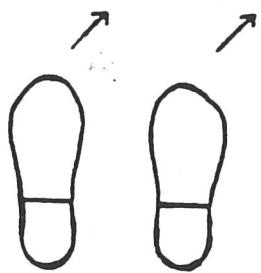
BEGINNERS: Do three sets of ten.

TRUE SELF-DEFENSE ESCAPE PATTERN
NUMBER 8
TEN ZIG-ZAG JUMPS TO THE RIGHT SIDE

LEFT FOOT



RIGHT FOOT



STARTING POSITION

BEGINNERS: Do three sets of ten

**TRUE SELF-DEFENSE ESCAPE PATTERN
NUMBER 9
TEN STRAIGHT SIDE HOPS,
FROM RIGHT TO LEFT**

Note the center of balance as indicated in the drawing. This is very important. It would defeat the purpose of this whole system if the attacker could tell where you intended to jump. He would be able to know if you looked or leaned in that direction. Ask someone what "telegraphing a punch" means in American Boxing, if you do not know.

Just the slightest change in set or balance, and so on, can forewarn an experienced fighter. For an example of perfect balance with no "Body Telegraphing", watch a really good ballet dancer in the movies or on television. Do not confuse ballet with these patterns however. The muscle development is different.

This exercise is Ten Hops in a straight line, from your right to your left.

Remember to keep left hops separate from right hops in your mind! This is because in time of surprise and shock, a person will **instinctively** react by doing what he has practiced. A sudden danger could cause someone who has conditioned himself to hop left to hop right. By keeping them separate in your thinking, your mind retains selective control over conditioned reflexes.

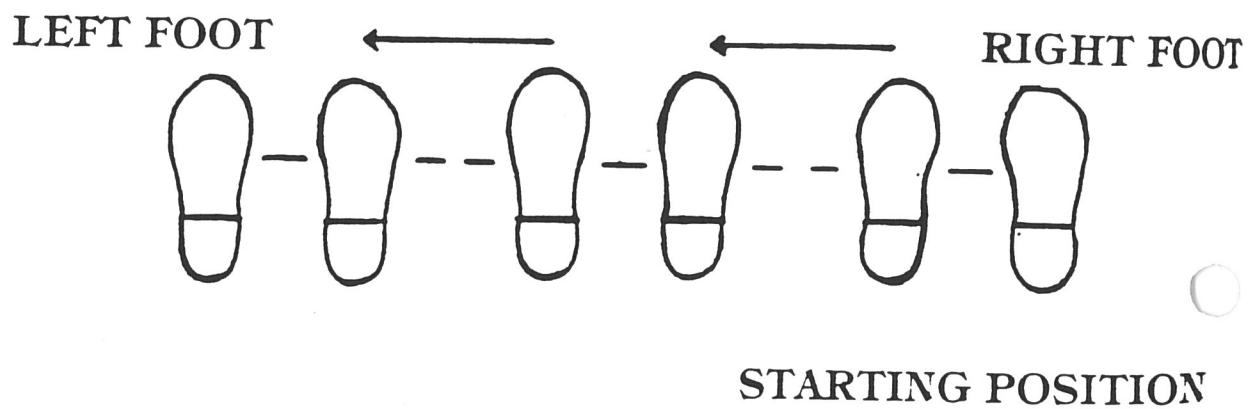
After you do the pattern well, add a set by jumping to the right ten times, then return to starting position by jumping to the left.

After a few months, when you feel you are really doing this pattern well, focus your eyes for distance but actually "look through" a stationary object about **thirty feet** away. The appearance of movement by the object will tell you your movements.

The purpose of this pattern is if anyone attacks you from the front or back and there is no room to move forward or backward, use the side hop.

MOTTO: (Please believe in God, respect the law, especially do not use any violence or break the law for any reason and cooperate with all law officers. Live in peace and be happy. Thank You!)

**TRUE SELF-DEFENSE ESCAPE PATTERN
NUMBER 9
TEN STRAIGHT SIDE HOPS
FROM RIGHT TO LEFT**



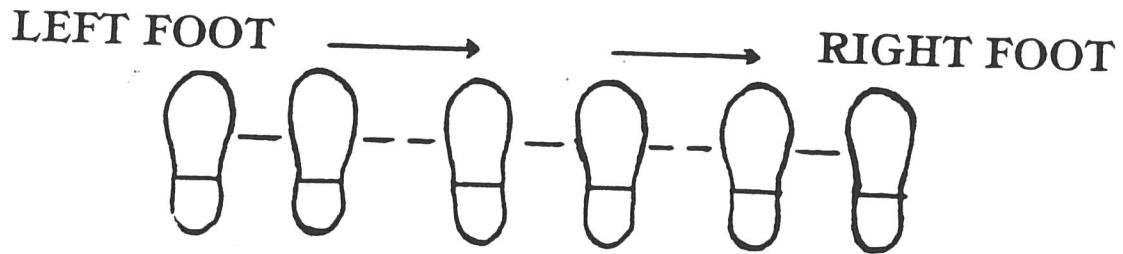
BEGINNERS: Do three sets of ten

TRUE SELF-DEFENSE ESCAPE PATTERN

NUMBER 10

TEN STRAIGHT SIDE HOPS FROM LEFT TO RIGHT

The explanation is the same as exercise 9 except you start from left to right



STARTING POSITION

BEGINNERS: Do three sets of ten.

**TRUE SELF-DEFENSE ESCAPE PATTERN
NUMBER 11
SQUARE JUMP, STARTING TO THE LEFT**

In perfect posture with feet at shoulder width.

1. A side hop to the left. Keep both feet in position under your shoulders.
2. A forward hop.
3. A hop to the right.
4. A backward hop.

You are making a square with this pattern.

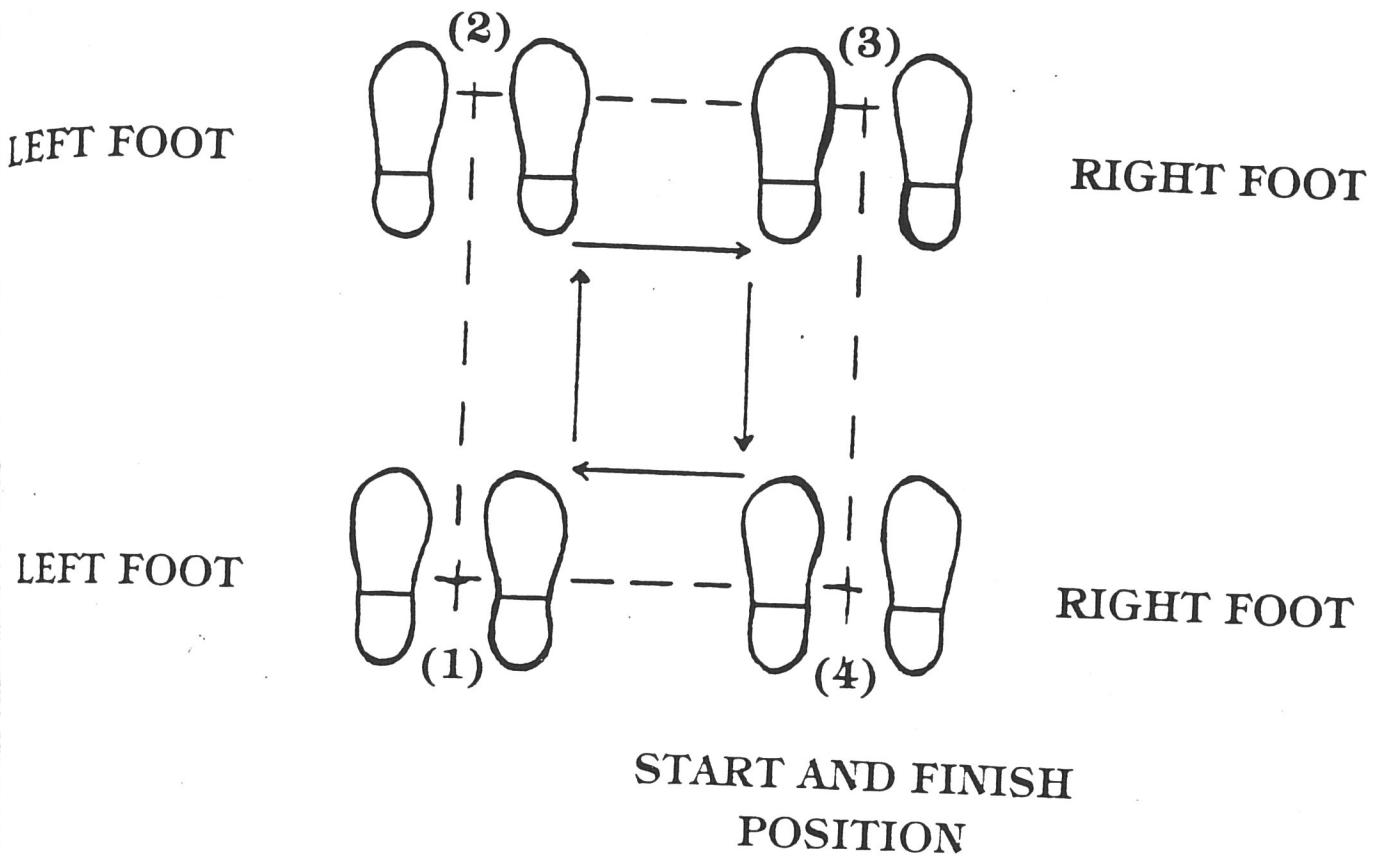
Repeat this pattern using the hands and hopping like a frog.

This is the second phase of these patterns.

The purpose of this pattern is the same as the zig-zag patterns.

MOTTO: Please believe in God, respect the law, especially do not use any violence or break the law for any reason and cooperate with all law officers. Live in peace and be happy. Thank You!!

**TRUE SELF-DEFENSE ESCAPE PATTERN
NUMBER 11
SQUARE JUMP, STARTING TO THE LEFT**



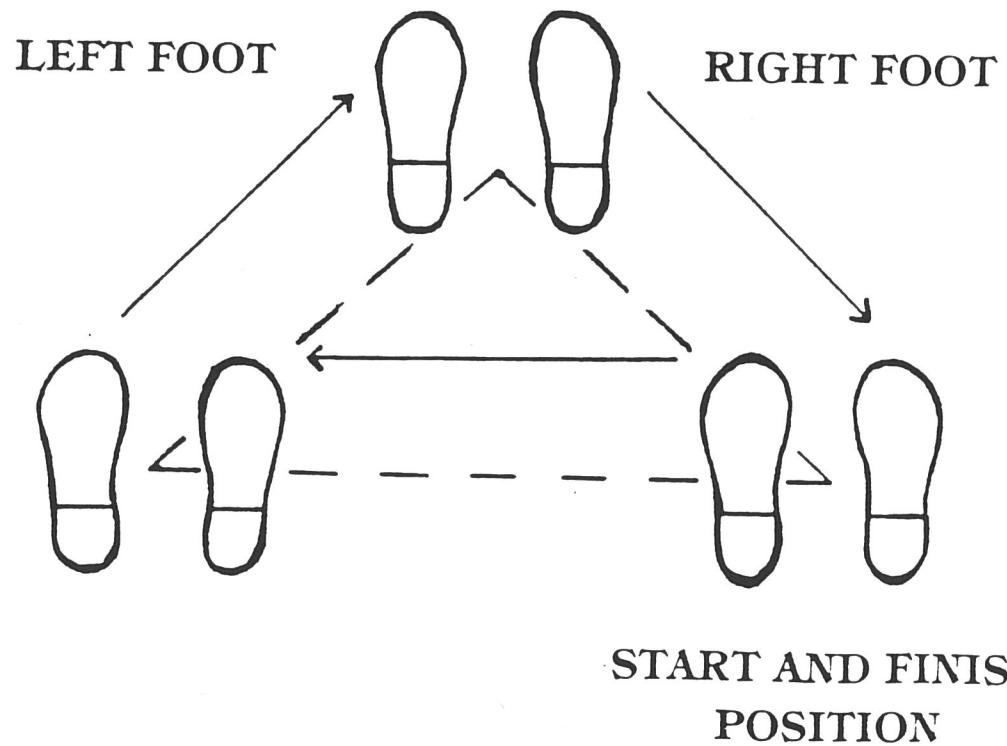
BEGINNERS: Do three sets of ten

**TRUE SELF-DEFENSE ESCAPE PATTERN
NUMBER 12
TRIANGLE JUMP, STARTING TO THE LEFT**

Starting position is the feet at shoulder width and looking straight ahead.

1. Side jump straight to the left. This is position (#1)
2. Jump forward to the right. This is position (#2)
3. Jump backward to the right. This is back to the starting position, or position (#3)

The purpose of this pattern is the same as the "zig-zag" patterns.



**TRUE SELF-DEFENSE ESCAPE PATTERN
NUMBER 13
JUMP, HALF TURN, AND GRAB**

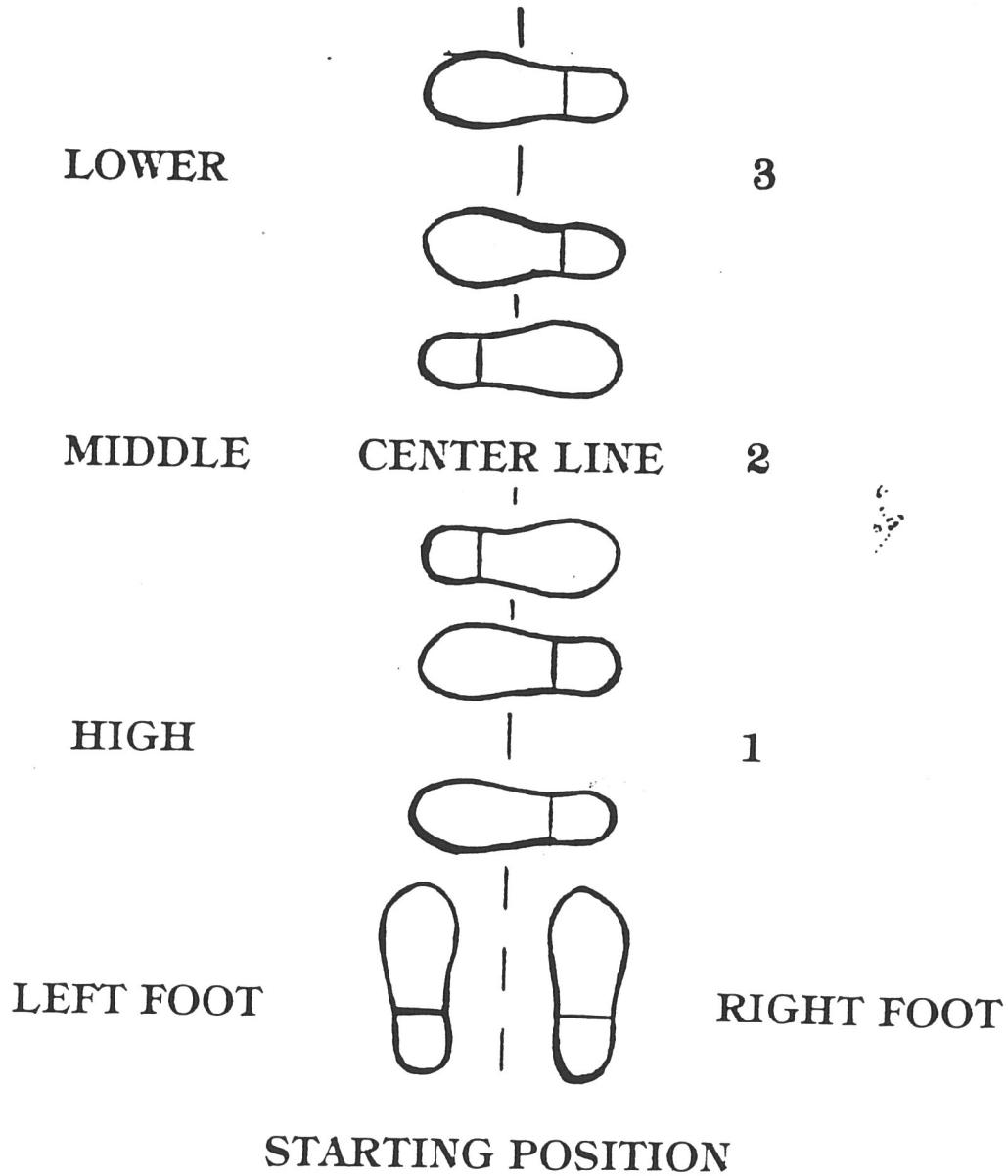
This is designed to prevent falling and head injuries.

1. Jump, half turn, and grab high, (above the head).
2. Jump, half turn, and grab to the middle, (in front of your chest).
3. Jump, half turn, and grab lower, (at the ground in front of your feet).

The object of this pattern is that if anyone attacks or pushes you from behind, you can turn and grab something, which will prevent you from falling. Then you can use the jump pattern to escape from your attacker.

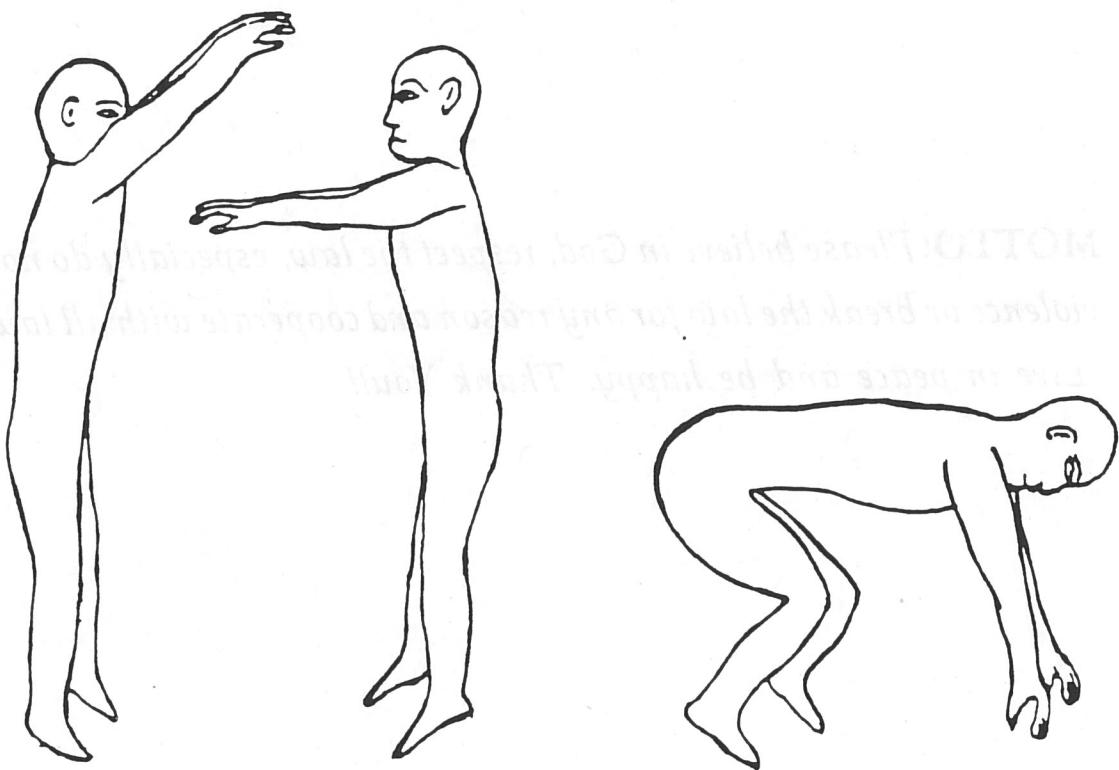
MOTTO: Please believe in God, respect the law, especially do not use any violence or break the law for any reason and cooperate with all law officers. Live in peace and be happy. Thank You!!

**TRUE SELF-DEFENSE ESCAPE PATTERN
NUMBER 13
JUMP, HALF TURN AND GRAB (DRAWING 1)**



BEGINNERS: Do only three sets.

TRUE SELF-DEFENSE ESCAPE PATTERN
NUMBER 13
JUMP, HALF TURN AND GRAB (DRAWING 2)



1

2

3

MOTTO: Please believe in God, respect the law, especially do not use any violence or break the law for any reason and cooperate with all law officers. Live in peace and be happy. Thank You!!

**TRUE SELF-DEFENSE ESCAPE PATTERN
NUMBER 14
JUMPING LIKE A FROG, GRASSHOPPER, OR DOG**

Don't forget to continue the first thirteen exercises, and become perfect at them. They are the most important for your legs.

Now, think like a frog, dog, or grasshopper.

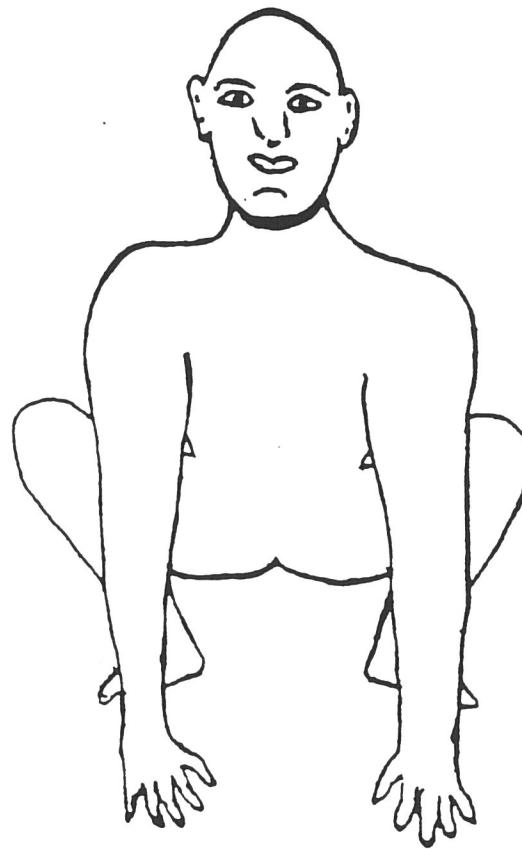
At each of the first starting positions, squat. Place your hands with palms flat on the ground. Jump! Land on your hands, drawing your legs in so they take most of the force of landing. Think like a frog with long, strong legs. Start with short hops. Give your arms and shoulders a chance to develop without strain. Work your way up to the distance of your standing jumps.

THE KNEES ARE OUTSIDE THE ELBOWS!

**TRUE SELF-DEFENSE ESCAPE PATTERN
NUMBER 14
JUMPING LIKE A FROG, GRASSHOPPER, OR DOG**

AFTER YOU HAVE LEARNED THE FIRST THIRTEEN EXERCISES PATTERNS BACKWARD AND FORWARD, you will be able to increase your distance by doing this fourteenth exercise. Think of doing a long dive, flying through the air, and landing in a frog sitting position.

Six months of daily practice is the length of time allowed before a qualified teacher would begin to expect perfection from his students.



FROG POSITION

Do not strain your muscles or knock yourself silly trying to master one of the world's most exacting arts in just a few weeks. Simply start with the best you can do and work for improvement every third day. Set realistic goals and accomplish them.

By now you should be getting an idea of how an attacker can be outmaneuvered. As you develop these ideas it is important to develop the right attitude to go with the mental images.

(ATTENTION)

Do not invent patterns or fall into any pattern other than straight exercise! You are doing an exercise. You are learning a skill. The Kosho-Shorei True Self-Defense patterns are the results of well over seven centuries of constant experience against every possible attack.

Master the exercises! Then you will be able to follow the Kosho-Shorei patterns in the next book of this series.

Remember, you are only a beginner!

Begin well, and the rest will come much easier!

MOTTO: Please believe in God, respect the law, especially do not use any violence or break the law for any reason and cooperate with all law officers.
Live in peace and be happy. Thank You!!

AUTHOR'S NOTE

After six months of practice, you should do this; play a game with your friends. Do not try to fool them by faking movements. Simply get them to guess if you are going to jump right or left. Within a few minutes they should guess quite accurately. After they have "won" the game by guessing correctly, ask them how they knew. Sometimes this practice requires patience because they cannot consciously verbalize how they knew. They might quite honestly insist that they "just knew!". If this happens, make a game out of getting them to guess how they knew. Explaining the techniques may encourage them.

If you reach the point where people are obviously guessing (because you give no body movement clues) in one year, you are doing fantastically well! You may then proceed to the final stage of testing.

Start working on eliminating all body clues as to when you are going to jump.

Now, clear your mind of the future. You can only be in the present. Relax! Do the exercises as best you can. Consider it exercise until the muscles develop.

Pick a convenient date on the calender. An example would be, **five, six, or seven** weeks away. Do the exercises. On the date you have chosen, consider how well you are doing. Decide on realistic improvements that you can make. Set dates and work toward your chosen goals.

As your **back** becomes **stronger** from the other exercises, begin adding a set of touching the ground with your **hands** after each jump.

CHAPTER 11

THE PEACE EXERCISES FOR PUSHING AND PULLING

Do you remember how the founder of the Kosho-Shorei Temple of Peace True Self-Defense and Kosho-Shorei Yoga School was shown the Escape Patterns and the Pushing and Pulling arts?

The Grand Master spent many seasons praying and meditating to God under an Old Pine Tree. Finally, God heard his prayers and answered them. He sent a spiritual messenger to show the Grand Master how to teach and follow God's will. The spiritual messenger stated that the Grand Master should use the escape patterns, with no body contact, against attackers. He also stated that the only time to use the pushing and pulling arts is when you are assisting the law or to prevent another human being from being injured or killed by an attacker.

Disciples, please do not use the body contact arts; use only the escape patterns, but do practice the pushing and pulling exercises in case you may need them.

MOTTO: (*Please believe in God, respect the law, especially do not use any violence or break the law for any reason and cooperate with all law officers. Live in peace and be happy. Thank You!*)

PEACE EXERCISE (1)

While doing any of the pushing and pulling exercises, you will say the word **Peace** with each movement.

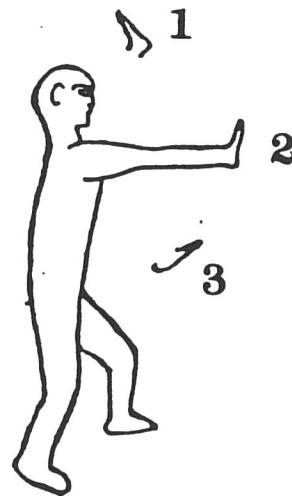
Starting from the praying position, take a deep breath, swallow it, and push it below the navel. (Hold the air in.) Bend the knees slightly for good balance. Now, extend your arms high above and in front of your head as fast as possible, with your hands open and palms flat. This is pushing position **One**. With the hands in that position, (Grab), close them tightly into fists, then turn them and bring your arms to your sides as fast as possible. (The knuckles should be facing upward.) This is the pulling position. Extend the arms with the hands open and the palms flat into pushing position **Two**, (grab, turn), then return to the pulling position. Extend the arms with the hands open and the palms flat into pushing position **Three**, (grab, turn), then return to the pulling position. Now, while still holding your air in, bend down and extend the arms with the hands open and palms flat into pushing position **Four**, (grab, turn), then return to the pulling position. Now return to the praying position and exhale.

This is one complete set. Beginners start with three sets per day and work up to ten sets per day. Remember to bend your knees slightly for better balance when doing this exercise.

PEACE EXERCISE (1)



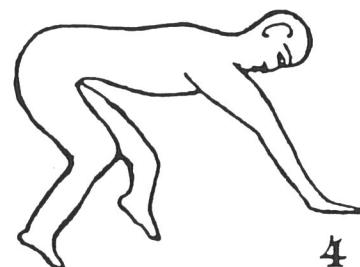
PRAYING POSITION



PUSHING POSITIONS
1,2, & 3



PULLING POSITION



PUSHING POSITION 4,
TOUCH THE GROUND
WITH YOUR PALMS

PEACE EXERCISE (2)

Starting from the praying position: Take a deep breath, swallow it and push it below the navel. (Hold the air in). Turn the upper part of the body to the left and bend the knees slightly for good balance. Now, extend your arms high above and in front of your head as fast as possible, with your hands open and palms flat. This is pushing position **One**. With the hands in that position (Grab), close them tightly into fists, then turn them and bring your arms to your sides as fast as possible. (The knuckles should be facing upward.) This is the pulling position. Extend the arms with the hands open and palms flat into pushing position **Two**, (Grab, turn), then return to the pulling position. Extend the arms with the hands open and palms flat into pushing position **Three**, (Grab, turn), then return to the pulling position.

Now, while still holding your breath in, bend down and extend the arms, with the hands open and palms flat, into pushing position **Four**, (Grab, turn), then return to the pulling position. Now return to the praying position and exhale.

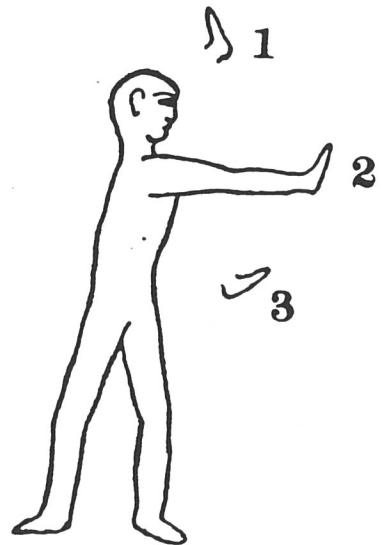
Do this exercise to the right side. This is one complete set. Beginners start with three sets per day and work up to ten sets. Remember to bend your knees slightly for better balance when doing this exercise.

MOTTO: (*Please believe in God, respect the law, especially do not use any violence or break the law for any reason and cooperate with all law officers. Live in peace and be happy. Thank You!*)

PEACE EXERCISE (2)



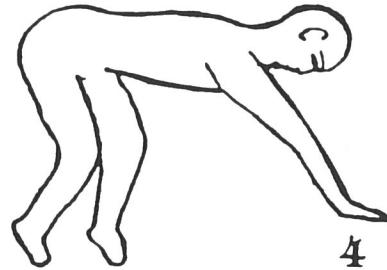
PRAYING POSITION



PUSHING POSITIONS 1, 2, & 3



PULLING POSITION



PUSHING POSITION 4, TOUCH
THE GROUND WITH
YOUR PALMS

PEACE EXERCISE (3)

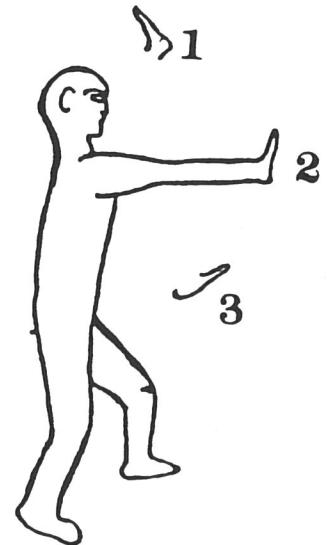
Starting from the praying position: Take a deep breath, swallow it and push it below the navel. (Hold the air in.). Place the left foot forward and bend the knees slightly for better balance. Now, extend your arms high above and in front of your head as fast as possible with your hands open and palms flat. This is pushing position **One**. With the hands in that position (Grab) close them tightly into fists, then turn them and bring them to your sides as fast as possible. (The knuckles should be facing upwards.) This is the pulling position. Extend the arms with the hands open and palms flat, into pushing position **Three**, (Grab, turn), and return to the pulling position. Now, while still holding your air in, bend down and extend the arms with the hands open and palms flat, into pushing position **Four**, (Grab, turn) then return to the pulling position. Now, return to the praying position and exhale.

Do the exercise with the right foot forward. This is one complete set. Beginners start with three sets per day and work up to ten sets. Remember to bend the knees slightly for better balance when doing this exercise.

PEACE EXERCISE (3)



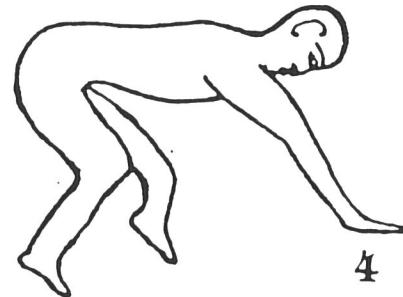
PRAYING POSITION



PUSHING POSITION 1, 2, & 3



PULLING POSITION



PUSHING POSITION 4, TOUCH
THE GROUND WITH
YOUR PALMS

CHAPTER 12

KOSHO-SHOREI YOGA FOR TRUE SELF-DEFENSE

This is the second to last chapter of this book. It is called, "Kosho-Shorei Yoga."

About seven hundred years ago, the ancestor of the Author studied Japanese Yoga. He improved it greatly, both physically and mentally, then changed its name to Kosho-Shorei Yoga.

AUTHOR'S NOTE

It is my wish that someday soon, Kosho-Shorei Yoga will be westernized for the people of North America, South America and Europe.

You may be thinking that our drawings are not very good. Yes, you are right. I (The Author) and my assistant are not professional artists, but in Kosho-Shorei the custom is to draw ourselves. So, we pray to God for His help before we draw. God's and our spirits are in each and every drawing.

AUTHOR'S NOTE

What is the difference between Kosho-Shorei Yoga and Indian Yoga? The difference is that in Indian Yoga you learn how to breathe, stretch the muscles, to balance the body and to meditate for spiritual development; but it does not teach you the True Self-Defense arts. That is how to escape from the attacker or from an accident, (with no body contact.)

I know you will say that Indian Yoga Masters can use their mental powers to control an attacker, but until they master this power what do they do? Especially the children- how can they escape from an attacker or accident?

In Kosho-Shorei True Self-Defense, while we are teaching you Kosho-Shorei Yoga, we are also teaching you True Self Defense. This art is taught with no body contact and with God's help. Our art teaches children from the age of five and adults how to escape from attackers and accidents. Of course, we teach the same as Indian Yoga and more in Kosho-Shorei Yoga. So Students, please practice hard and master our art.

Remember to always breathe through the nose, because God created both man and animals to do so. The nose is important because it has small hairs to work as filters and mucous membranes which stop dirt from getting into the body and lungs.

When human beings get sick, the nose runs or gets dry. The same is true for all animals. Demonstrate this to yourself the next time you feel that your dog or cat is sick, by touching its nose.

MOTTO: (*Please believe in God, respect the law, especially do not use any violence or break the law for any reason and cooperate with all law officers. Live in peace and be happy. Thank You!*)

ATTENTION

Each exercise in Kosho-Shorei Yoga can be added to the Kosho-Shorei True Self-Defense Escape Patterns.

EXAMPLE: Do a zig-zag, a side hop or a triangle escape pattern. Now, after each escape pattern, bend down and touch the ground with your palms, then stop and do a Kosho-Shorei Yoga exercise. This will build up your mind and body for True Self-Defense.

AUTHOR'S NOTE

For these exercises, I will use silhouette drawings to show body position. I will also use a numerical system to show the positions of the feet and hands. All exercises start and finish in the praying position. While doing each exercise, you will say the word "Peace" with each movement. (Please look at the following drawings to get a better understanding of the exercise).

Beginners: Do only three sets per day until you feel that you can do more. Your goal is to do ten sets per day.

**THE THREE MAIN BODY POSITIONS
FROM WHICH YOU WILL DO THE
KOSHO-SHOREI YOGA
EXERCISES**



STANDING PRAYING POSITION



SITTING POSITION
Covered fist 2 inches
below the navel

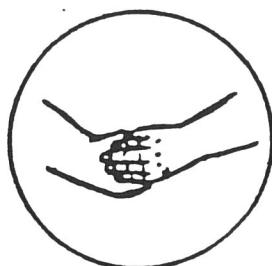


LYING POSITION
Hands and arms are to the sides of your body

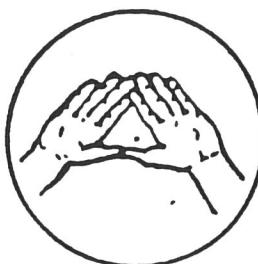
THE SEVEN MAIN HAND POSITIONS OF KOSHO-SHOREI YOGA



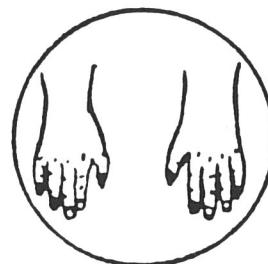
PRAYING



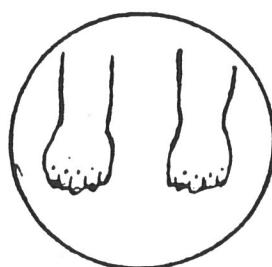
COVERED FIST



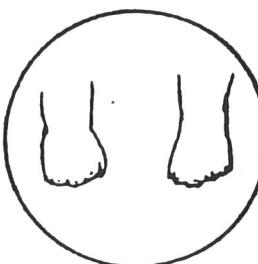
OPEN HANDS



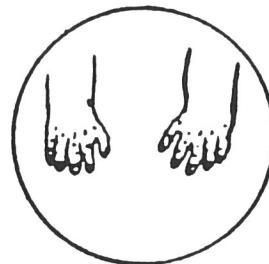
FINGER TIPS



FIRST KNUCKLES



CLOSED FISTS



PALMS FLAT

EXERCISE 1

MEDITATING, BREATHING, AND ENERGY COLLECTING FROM A COMFORTABLE SITTING POSITION

Get into a position in which you will feel most comfortable. This may be on a bench, in a chair, on the floor, or in a standing position. (The lying down position in this exercise is only for sick people who can not be comfortable otherwise.)

Now, while sitting in a praying position slowly move your hands below the navel, in a covered fist position. Make sure the spine is straight. In this position, you can send the energy down to about one or two inches below the navel. Draw your chin in and position the ears to the center of the shoulders. Now, the nose must be pointed toward the navel and your eyes, opened or closed, focused straight ahead.

Take a deep breath through the nose, swallow the air and make sure you can feel it go below the navel. With each breath, you hit or punch yourself with the covered fists, ten times, below the navel. Then, exhale.

EXERCISE 1

MEDITATING, BREATHING, AND ENERGY COLLECTING



SITTING POSITION

AUTHOR'S NOTE

Do not forget that you are only a beginner. Only hit or push yourself three times until you can do it ten times, and **Do Not** hit or push yourself too hard.

MOTTO: (*Please believe in God, respect the law, especially do not use any violence or break the law for any reason and cooperate with all law officers. Live in peace and be happy. Thank You!*)

EXERCISE 2

BENDING FROM SITTING POSITION, TOUCHING THE TOES, THEN GRAB AND PULL

1. Starting from the praying position; Take a deep breath and push it down to below the navel. Straighten the arms, bend the back and touch the toes with your fingertips. Now exhale slowly and get into the covered fist position.
2. Take another deep breath and push it to below the navel. Straighten the arms, bend the back, and grab your toes. This time, give the toes a good pull. Now, exhale slowly and get into the open hands position. From that position you will get back into the starting position. This is one complete set.

Remember, all exercises start and finish in the praying position.

(ATTENTION)

Do not bend your legs during these exercises. Always keep the legs straight while grabbing and pulling the toes.

Remember, you are a beginner so you should only do three sets per day until you have worked up to ten sets per day. Work up to more sets when you feel you can.

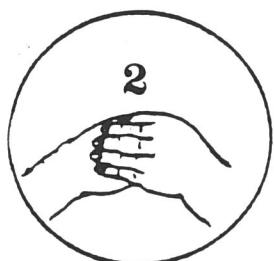
EXERCISE 2



PRAYING



STARTING PRAYING
POSITION



THE COVERED FIST



STRETCHING
POSITION



THE OPEN HANDS



GRAB AND PULL
POSITION

EXERCISE 3

BREATHING AND BENDING DOWN TO TOUCH THE FLOOR

Remember, When doing all exercises, you always start and finish in the praying position.

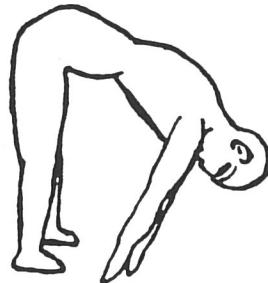
1. Starting from the praying position; Take a deep breath and push it down to below the navel. Bend down and touch the floor in front of the toes with your fingertips. Now, exhale slowly and get back into the starting position.
2. Take another deep breath and push it below the navel. Bend down and touch the floor in front of the toes with your knuckles. Now, exhale slowly and get back into the starting position.
3. Take another deep breath and push it below the navel. Bend down and touch the floor in front of the toes with your fists closed. Now, exhale slowly and get back into the starting position.
4. Take another deep breath and push it below your navel. Bend down and touch the floor in front of the toes with your palms. Now, exhale slowly and get back into the starting position.
This is one complete set.

MOTTO: (*Please believe in God, respect the law, especially do not use any violence or break the law for any reason and cooperate with all law officers. Live in peace and be happy. Thank You!*)

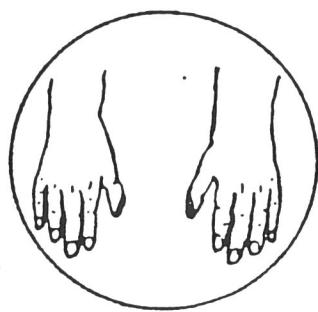
EXERCISE 3
BREATHING AND BENDING DOWN
TO TOUCH THE FLOOR



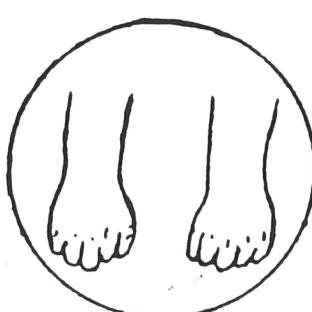
**STARTING PRAYING
POSITION**



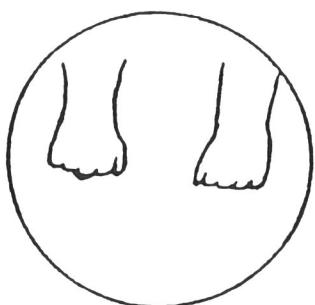
**BENDING TO TOUCH THE
FLOOR POSITION**



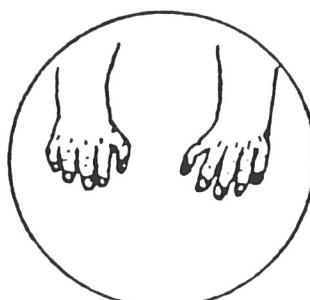
FINGER TIPS



FIRST KNUCKLES



CLOSED FISTS



PALMS FLAT

EXERCISE 4
BALANCING WHILE BENDING DOWN
SHAKING THE FOOT AND TOES
HANDS IN THE PRAYING POSITION

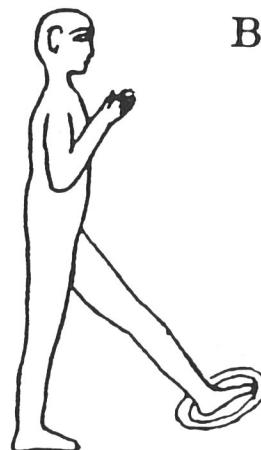
You will start and stay in the praying position throughout this exercise.

1. Starting in the praying position; Take a deep breath and push it below the navel. Then lift your foot to a forty-five degree angle, while balancing on the right foot. Bend or shake your foot up and down ten times. Now, place your left foot back into the starting position and exhale slowly.
2. Take another deep breath and push it to below the navel. Then lift the right foot to a forty-five degree angle, while balancing on the left foot. Bend or shake your right foot up and down ten times. Now place your foot back into the starting position and exhale slowly. This completes one complete set.

EXERCISE 4
BALANCING WHILE BENDING AND
SHAKING THE FOOT AND TOES



**STARTING PRAYING
POSITION**



**BENDING AND SHAKING
THE LEFT FOOT**



**BENDING AND SHAKING
THE RIGHT FOOT**

EXERCISE 5

BALANCING ON YOUR TOES AND HEELS

You will start and stay in the praying position throughout this exercise.

1. Starting in the praying position; Take a deep breath and push it below the navel. While holding your breath, stand on your toes and count to ten. Go back to the starting position and then exhale.
2. Take another deep breath and push it to below the navel. While holding your breath, stand on your heels and count to ten. Now, go back to the starting position and exhale slowly.

This is one complete set.

MOTTO: (*Please believe in God, respect the law, especially do not use any violence or break the law for any reason and cooperate with all law officers. Live in peace and be happy. Thank You!*)

EXERCISE 5

BALANCING ON YOUR TOES AND HEELS



**STARTING PRAYING
POSITION**



BALANCING ON TOES



BALANCING ON HEELS

EXERCISE 6

HORSE RIDING

The horse riding position is when you stand in a natural stance. Keep your back straight and bend the knees slightly. In this position you will put pressure inward at the knees and toes. By applying this pressure the toes will turn inward; then you will get a hugging or gripping effect from the knees to the toes. This is to get a good foundation with balance. Now, extend your arms to the front of you with both fists closed. Your palms should be facing downward toward the ground.

1. Starting from the praying position, take a deep breath and push it to below the navel. While doing this get into the horse riding position and turn slowly to the left. After turning as far as possible, return to the center and exhale slowly.
2. Take another deep breath and push it to below the navel. Now, turn slowly to the right. After turning as far as possible, return to the center and exhale slowly.
3. Take another deep breath and push it below the navel. Hold the air in and bounce up and down ten times. Then, exhale slowly and get into the starting position.

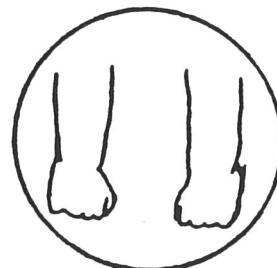
This is one complete set.

EXERCISE 6

HORSE RIDING



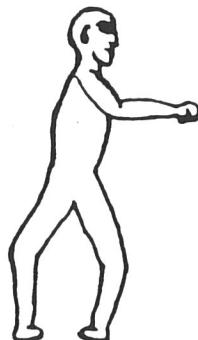
**STARTING PRAYING
POSITION**



**CLOSED FIST POSITION
OF BOTH HANDS**



**HORSE RIDING
POSITION**



**LEFT TURN IN HORSE
RIDING POSITION**

EXERCISE 7

EXTENDING ARMS AND CLOSING HANDS INTO FISTS

1. Starting from the praying position take a deep breath and push it to below the navel. While holding the breath, extend the arms and hands over the head with your palms facing the front of you. Beginning with the thumbs, bend your fingers one at a time until you have both hands closed into tight fists. Meaning: "Bend the two thumbs, then the two index fingers, and so on until the hands are closed."

While still holding your breath, open the closed fists. Begin opening with your little fingers. Meaning; "The opposite way that you closed your hands, you will open them." After the hands are fully open, exhale slowly.

Now, with the arms still extended turn the hands around to face the opposite way. Close and open the fists in the same manner. After exhaling go back to the starting position.

2. Do the same exercise with the arms and hands extended in front of you. Then go back to the starting position.
3. Do the same exercise with the arms and hands extended to your sides. Then go back to the starting position.

This is one complete set.

EXERCISE 7

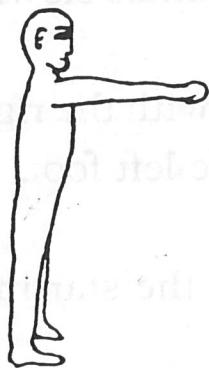
EXTENDING ARMS AND CLOSING HANDS INTO FISTS



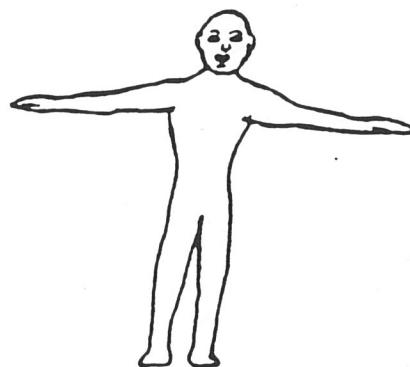
STARTING PRAYING POSITION



**HANDS AND ARMS
EXTENDED OVERHEAD**



**HANDS AND ARMS
EXTENDED FORWARD**



**HANDS AND ARMS
EXTENDED TO THE SIDES**



HAND POSITIONS

EXERCISE 8

BALANCING WHILE STRETCHING THE LEG MUSCLES

Find a stand, bench, or chair that can be adjusted to many heights. This is because your leg muscles will be stretched. The higher you go, the better it is for you.

1. Starting from the praying position in front of a chair, take a deep breath and push it to below the navel. While balancing on the right foot, place your left foot on the chair. Straighten the arms, bend the back and slowly touch the toes of your left foot with your fingertips. Now, exhale slowly and return to the praying position.
2. Take another deep breath and push it to below the navel. Straighten the arms, bend the back and grab the toes. This time, give the toes a good pull. Now, exhale slowly and go back to the starting position.
3. Do the same exercise, from step one, with the right foot on the chair while balancing yourself on the left foot.
This is one complete set.
Remember to finish this exercise in the starting position.

MOTTO: (*Please believe in God, respect the law, especially do not use any violence or break the law for any reason and cooperate with all law officers. Live in peace and be happy. Thank You!*)

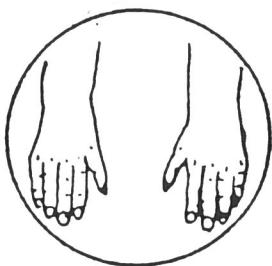
EXERCISE 8
BALANCING WHILE STRETCHING
THE LEG MUSCLES



PRAYING



STRETCHING POSITION



FINGER TIPS



GRAB AND PULL POSITION

EXERCISE 9

BENDING AND STRETCHING THE BACK

1. Starting from the praying position take a deep breath and push it to below the navel. Place your hands to your sides and then slowly lift your legs to a forty-five degree angle. Then exhale slowly.
2. Take another deep breath and push it to below the navel. Slowly lift your legs to a ninety degree angle. Then exhale slowly.
3. Take another deep breath and push it to below the navel. Now, touch the ground over your head with your toes. Then exhale slowly.
5. Now, reverse the process and finish this exercise in the starting position.

This is one complete set.

Remember to keep your legs straight while doing this exercise.

EXERCISE 9
BENDING AND STRECHING THE BACK



STARTING PRAYING POSITION



BACK BENDING POSITION

EXERCISE 10

EXTENDED ARMS AND LEGS

TO GET GOOD BLOOD CIRCULATION

This exercise should be done only after completing all of the other exercises.

1. Starting from the praying position while on your back, take a deep breath and push it below the navel. Hold the air there. Now, extend your arms and legs to 90 degree angles. In this position, shake or twist the hands and feet ten times. Then go back to the praying position and exhale slowly. This is one complete set.

After completing your number of sets, place your hands at your sides and relax for a few minutes. Now, feel the blood circulate throughout your body.

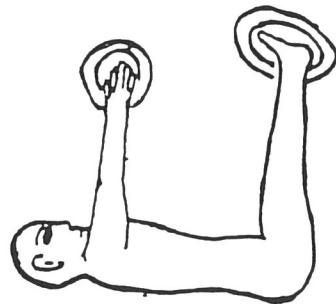
Remember to only start with three sets. Then work your way up to ten sets when you feel you can do so.

MOTTO: (*Please believe in God, respect the law, especially do not use any violence or break the law for any reason and cooperate with all law officers. Live in peace and be happy. Thank You!*)

EXERCISE 10
EXTENDED ARMS AND LEGS
TO GET GOOD BLOOD CIRCULATION



STARTING PRAYING POSITION



TWISTING OR SHAKING THE HANDS AND FEET POSITION



REST POSITION

CHAPTER 13

SPECIAL NOTES AND GENERAL INFORMATION

FASTING

The Kosho-Shorei style of fasting is for mental, spiritual and physical growth.

1. By keeping fit mentally, physically and spiritually, you can best serve God and country. You can also keep harmony and peace in your society.
2. By fasting you can build up your will-power to win over hunger and other temptations. The Son of God (Jesus) fasted for forty days and nights; Buddha did the same.
3. Physically, fasting is good for you. It gives your stomach and other organs a rest.
4. Do not forget, while fasting you should drink water three times a day (breakfast, lunch and dinner). The water helps to clean your system. Between the times that you would eat, drink fruit juices. Apple, orange, or tomato juices are good for you.
5. Remember, before starting to fast, you should pray and ask God for His protection and help. With good health you can serve Him best.

BEGINNERS: You should start by fasting only one day a week, then on the second week work up to two days, then three and so on until you reach ten days.

ATTENTION

Fasting is good for obese people who have the desire to reduce or who may suffer from heart trouble. It is also good for people who may have high blood pressure. Be sure to inform your doctor of your intention and ask his opinion before you start fasting.

DIETING

Kosho-Shorei True Self-Defense has an unique system of dieting. The main objective is to keep you mentally, physically and spiritually healthy, to best serve God and country.

1. We should eat and diet according to the ways we live and work.
2. Eating balanced meals of fish, vegetables and fruits is the secret of long life. Do not over cook the vegetables.
3. People should never over-eat or fill their stomach to its full capacity. Only eat up to eighty per cent of your stomach's capacity, to function properly.

I (THE AUTHOR) have argued many times with people who eat too much meat and not enough vegetables. They state, "to build body muscles, one must eat meat." I argue that the biggest and strongest animals of the earth eat only plants or fish. We eat beef, but cattle never eat meats; they subsist from vegetable materials and grow to be big and strong to supply meat for us. The gorilla is big and powerful and has strong muscles, yet it eats only plants and fruits. Scientists state that elephants are the largest land animal, with powerful muscles. They live to be over two hundred years old. They eat only vegetable life. The large land turtles subsist only on plants and often live for five hundred years or longer. So, if you wish to live a long and healthy life, eat a balanced diet of vegetables, fruits and fish.

NUTRITION

Well known international weight lifters and Olympic coach, Bob Hoffman, derived HI-PROTEIN from soy beans. The main ingredient is soy bean flour. Flour, milk, cookies and soy sauce are some of the products of soy beans. These products contain high protein and make good health foods. They are available on the market and are sold in all health food stores.

In Japan, the Japanese people eat soy beans all year around and they stay young, strong and healthy. Spinach is also high protein, so you should eat spinach too. Japanese spinach is the best and is available in many of the health food stores and super markets.

Walnuts, peanuts, sunflower seeds, pumpkin seeds, and sesame seeds are all good to eat. When cooking or frying foods, you should use sesame oil; it is also good on salads.

Do not eat sugar. Sugar is not good for the digestive system. Only eat pure honey (not cooked honey). Pure honey is a good, quick, energy food.

REMEMBER: Do not over cook vegetables or eat too much meat.

AUTHOR'S NOTE

True Self-Defense is for the happiness of human beings. The main goal is to prevent diseases of the mind and the body. Know that without health, you cannot serve God, country or society properly. Always remember, it is your duty to live a long and healthy life. This means that if you become sick, see a doctor; follow his advice and pray to God for His help. Even if the doctor says that your case is hopeless, do not just give up. In God's created world there are many natural medicines to help combat cancer, high blood pressure and heart disease, etc.

In Japan, I know of one such case where an Oriental Medical University Doctor said a particular case was hopeless, and within three months the patient would die. The patient did not give up; instead he took some natural medicines and was eventually cured. I (THE AUTHOR), know of such natural medicines, so if your doctor says "Hopeless", let me know because I would like to help you without obligation. These oriental medical treatment medicines have thousands of years of history and proven effectiveness.

AUTHOR'S NOTE KOSHO-SHOREI THREE WAYS TO THINK AND BE CURED

First, the patient must believe and have faith in God, the doctors, the nurses, and do whatever they instruct you to do.

All doctors and nurses should treat and think of the patient as a member of their family, such as a parent, child, husband or wife, all in one.

If a patient should die, remember that it must be God's will, and may he or she rest in peace.

Take care of your personal health. Love all peoples and everything God has created, for this is a part of the whole God.

MOTTO: (*Please believe in God, respect the law, especially do not use any violence or break the law for any reason and cooperate with all law officers. Live in peace and be happy. Thank You!*)

AUTHOR'S NOTE

In Kosho-Shorei we love the mountains and the seas. We advise all Kosho-Shorei disciples to go hiking and climbing in the mountains because it is beneficial both physically and mentally.

When you are on the mountain, try to find a flat place that is facing the sun. Meditate there and do the Coat of Arms exercise. If there is enough room, also do all of the Escape Patterns and Kosho-Shorei Yoga Exercises. After doing these exercises, look for a waterfall and meditate under it. **Beginners meditate only under a small waterfall. Later, after mastering all these exercises, move on to a larger water fall.**

These exercises are good for collecting energy from the Water, Sun and the Air.

The thin air on the mountains helps to build stronger lungs and the exercises build strong legs. Remember, it is best to do these exercises at sunrise, under the morning sun.

Kosho-Shorei Monks build their Temples on mountains, as Buddha and His disciples did. Also, when God gave the Ten Commandments to Moses they were given from a mountain top.

If you cannot go to a mountain, then go to a beach by the sea. This is also good for physical and mental health. Except for meditating under a waterfall, you can do the same exercises you would do on a mountain top.

One good advantage you have on the beach is that when doing the Escape Patterns, you can see your foot prints in the sand. In seeing these you can work on distance and accuracy in all the Escape Patterns. The beach is good for walking or running in the sand, and it builds strong legs. Also, the fresh salt air is good for people with sinus trouble and helps to build strong lungs. When possible, do some swimming, it is one of the best exercises a person can do.

Please try to practice all the exercises of the Kosho-Shorei True Self-Defense Arts, including the Kosho-Shorei Yoga in this first text book. When possible, do these exercises in the mountains or on the beach. In bad weather, do all of the Kosho-Shorei exercises indoors. Do them anywhere you can.

AUTHOR'S NOTE

Some people who practice Karate, Kung-Fu, Judo, or other Martial Arts try to show off by letting the public know how strong they are. This is wrong and very dangerous because they may forget they are human beings and do a small wrong or harm; the person they have harmed may return with a pistol or shot gun, and a Martial Artist has no chance against these weapons.

In Kosho-Shorei there is no body contact. We teach our disciples only escape arts, such as talking and psychology. At times, we are forced to use the physical escape patterns to avoid injury or death.

I, (The Author), was told by the American people that it was 'right' to injure or kill criminals, but I cannot accept this. This is because even criminals are God's creations; we have no right to injure or kill them.

I wish you to follow me in the ways of the Temple of Peace, through Kosho-Shorei True Self-Defense. Remember, under no circumstances should you injure or kill another person.

God Bless all my Disciples or Students.

AUTHOR'S NOTE

Dear readers of this book, I repeat again, as I have so many times before in this book; Wise men, like yourselves, will say that they know all about God and the law, but please listen to me, (The Author), and do not misunderstand the difference between True Self-Defense and Self- Defense. One might say that it is 'right' to kill or injure because it was in Self- Defense and the law was on your side. But, Jesus said, "Love your enemies" and do not kill or injure anyone in Self- Defense, no matter how bad that person is, because all human beings are created by God.

When people break the law, as by stealing, and get caught, they give these excuses; "I was poor. I had no money and I was hungry." Or, "I was right to steal or break the law because it was the Government's fault." They blame society by saying it does not take care of us. Always, they find others to blame. But breaking the law is still wrong, no matter how bad the situation. So, do not break the law or do evil things, no matter what!

(EXAMPLE): If you get into a fight and injure a person, the police will arrest you and take you to the police station where you will either have to post bond or go to jail. Then you would have to hire an attorney and pay his fees. If you are lucky, you might win the case in court at a later date. **But**, look at the time and money you will have lost! If you lose the case in Court, you will find yourself going to jail or prison.

In Kosho-Shorei True Self- Defense, there is no body contact. We do not allow injuring or killing of human beings for any reason because it is against God's will.

In Japan, we have a saying. It goes like this: "The law is like a big fish net. Wherever you go, the big fish net will catch you. If you break the law and escape, the law and your own conscience will bother

you forever. God and the law will curtail your freedom. You cannot escape your conscience, so someday God and the law will make you pay society for what you have done."

I, (The Author), suggest that when you are going to break the law or get angry, count to fifty or more before you take any action. Also, look into the mirror if there is one available because the mirror will reflect your angry face and your conscience. This action will make your head cool and stop you from breaking the law.

Again, please do not break the law for any reason; but rather, always respect it.

MOTTO: (*Please believe in God, respect the law, especially do not use any violence or break the law for any reason and cooperate with all law officers. Live in peace and be happy. Thank You!*)

I, (The Author), have already stated that Jesus and Buddha had the same message, "Love your enemy no matter how bad he or she is, because we are God's creations. So, do not kill or injure anyone for any reason."

Then Simon Peter, having a sword, drew it and smote the high priest's servant, and cut off his ear. The servant's name was Mal-chus.

Then, said Jesus unto Peter, "Put up thy sword into the sheath: the cup which my Father hath given me, shall I not drink it?" (St. John, Chapter 18, Verses 10 & 11.)

But I say unto you, Love your enemies, bless them that curse you; do good to them that hate you, and pray for them which despitefully use you, and persecute you; (St. Matthew, Chapter 5, Verse 44.)

He that leadeth into captivity shall go into captivity; he that killeth with the sword must be killed by the sword. Here is the patience and the faith of the Saints. (Revelation, Chapter 13, Verse 10.) If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from unrighteousness. (The First Epistle of John, Chapter 1, Verse 9.)

If you will study and remember these five verses from the Bible, you will make a good Kosho-Shorei student. Remember that all

good students study hard, and master what they study.

Now, what is True Self-Defense? You should know by now that True Self-Defense is not only believing in God, but respecting the law and cooperating with all law officers. It is used in all daily activities (work, love and recreation) to protect and prevent you from accidents and troubles.

1. Practice all the Kosho-Shorei True Self-Defense exercises to defend yourself from diseases, accidents, and attacks from human beings, dogs, or wild animals.
2. These exercises will prevent all accidents. For example, these techniques will prevent falling from high places, head injuries from falling objects, and car accidents while crossing the street. Look up, down, right, left, and straight ahead, before moving. Be always quick and alert. Concentrate and use good judgment in everything you do.
3. Keeping physically and mentally fit will prevent almost all diseases and will help you to learn much faster.

Now, you know the meaning of True Self-Defense. It is being loved and loving everything, a part of the whole (God).

AUTHOR'S NOTE

The things in this book are very basic. The average five-year old child learns them in the Kosho-Shorei Temple. Learning without practice is like a car without a drive-shaft; no matter how good the motor, it cannot turn the drive wheels. It cannot take you anywhere.

It takes time to develop and use the center of energy. Sooner or later you will find it, just as by practicing True Self-Defense, sooner or later you can master it. Be content to master a few things in this textbook! Be sure to master them!

Did you become impatient with someone and add to dis-harmony within the last week? If not, did you increase harmony where it already existed? Could you have done more to make people happier?

If you were one-hundred and ten years old, and had been working at these things all your life, there would still be room for improvement! There is no finished product in nature. Even stone is in a process of movement and change.

Make these **first lessons** in **Kosho-Shorei** a part of you! Just as a bird cannot fly well with important feathers missing, **True Self-Defense** does not work well unless all the principles are used. When you speak to God within yourself in the early morning exercises, that part of you remembers respect. Remember, God created you, loves you, and is your personal friend!

The human expression of respect, love and friendship, is a smile. Smile to those you love, respect and consider your friends!

A SHORT HISTORY OF KENPO KARATE

True Self-Defense was founded by Buddha in India. The Dharma or Daruma, which means the 28th patriarch of Buddhism, left India and went to China. There he trained Monks at the Shaolin Temple. Later, war ravaged China and Genghis Khan menaced the area containing the Shaolin Temple. To avoid all disharmony, the High Priest of Buddhism migrated to Japan. Once there, he taught the people about Buddha. (For the History of Kosho-Shorei, turn to Chapter Two).

Buddha's purpose was to teach people to believe in God and to respect the law. He also taught mankind how to live a long, happy, and healthy life in peace. Buddha taught us about love and peace, just as Jesus did.

Naturally, Buddha did not teach people how to punch, kick, injure or kill another human being. The Chinese and Japanese warriors took Buddha's art and misused it. They turned his art into a weapon and called it the Martial Arts, (Kenpo Karate).

In Kosho-Shorei True Self-Defense, we do not use or teach the Martial Arts. We use a different kind of art. Our art teaches people how to live a long, happy and healthy life in peace. This art is taught through exercises that develop the physical and spiritual being. It

A VERY SPECIAL NOTE

Student, please read and remember this very important information when practicing Kosho-Shorei True Self-Defense.

1. I have said the following many times in this book; Please believe in God, respect the law and live in peace. Peace within your society means happiness and a long, healthy life.

2. We are all God's creations, so if we are attacked by an opponent, **remember:** we have no right to injure or kill him. To injure or kill another human being is against God's will and the laws of mankind. In Kosho-Shorei True Self-Defense, we never do wrong by taking the law into our own hands. We let the law do the job that was appointed to them.

THINGS TO THINK OF

First: It is against God's will and the laws of mankind to injure or kill another human being.

Second: Suppose the person who attacks you has a family. By family, I mean grandparents, parents, brothers, sisters, wife or husband and children, even close friends: If you injured or killed that person - what then? That family of the person who was harmed will cry and hate. This may lead to revenge and then there will be no peace! Also remember, a person who knows Karate or Kung-Fu has no chance against modern weapons.

Third: Karate and Kung-Fu were founded centuries ago. Today they are old systems. We now live in a modern age with modern weapons; weapons like guns, atomic bombs, etc. All of these weapons are very dangerous to human beings.

FOR EXAMPLE: Japan was a country that used the Martial Arts systems. They lost the Second World War to America. This proves that the use of the fists and feet for punching and kicking do not have a chance against the modern weapons of the time.

Fourth: Today people are still practicing the Martial Arts in some countries. These countries are in America, Europe, and Asia. The Martial Arts are especially taught in China and Japan. They are all taught in the wrong way.

Fifth: Kung-Fu and Karate instructors say that children from age five and elderly people can learn the Martial Arts. They also say these people can defend themselves against an attacker. I say this is a big mistake, and I will explain why!

FOR EXAMPLE: Take a boy or girl ten years old that knows the Martial Arts. What chance do they really have against an attacker who knows how to box or use a weapon? They cannot really defend themselves.

A person that knows Kosho-Shorei True Self-Defense can defend himself against an armed attacker in any situation.

Kosho-Shorei True Self-Defense is the highest form of self-defense there is. Why? Because we believe and teach of God. Our teachers also teach how to escape from harm's way by using physical and mental escape exercises. In our escape exercises we have no body contact.

What I am really saying is that modern weapons can kill the physical body, but the spirit which God has given us, cannot be killed; so move with the spirit.

Sixth: Today, a Black Belt can be bought in America. This system was started by the founder of Japanese Judo. Its ranking system was copied and used by instructors of Kung-Fu and Karate.

Seventh: Now, I am going to tell you what Kosho-Shorei True Self-Defense is! Most human beings think that their only danger comes from an opponent, but this is only partially true. Our enemies are accidents, disease and evil which develops in the mind. (By disease, I mean sickness of both body and mind.)

In Kosho-Shorei True Self-Defense we try to eliminate these enemies through proper medical care and exercises, both mental and physical. These exercises will lead you to a healthy body and a long life, so please do all of the exercises.

The former Grand Master (father of the Author of this book), stated many times, "More people die from sickness and accidents than from war or attacks by criminals. So, in a serious manner, practice hard for the benefits of a long and happy life."

FOR EXAMPLE: You may drive a car with care, but still there are dangers. There might be school children playing or running in the street, so you will have to watch out for them. You will also have to watch out for drunk drivers because they might run into you. If you practice Kosho-Shorei True Self-Defense you will act promptly in any emergency situation.

Children should also be taught Kosho-Shorei True Self-Defense in school. This teaches them how to react in dangerous situations. Suppose a child is walking across the street and the driver of a car does not see him or her; that child will know what to do because our teachers have taught him or her how to act when crossing the street. He or she will look both ways, (up and down), then all around to see where to move in case of an emergency.

If the above situation should happen to a person who knows Martial Arts, how would he react? He could not punch or kick the car to keep it from running over him.

Eighth: Now, recall the Tiger story in this book. Kosho-Shorei True Self-Defense will teach you, in a special way, to develop your spiritual powers. With this power you can control any and all emergency situations.

Can you see yourself controlling an opponent or wild animal? If so, you can also control accident, diseases and any evil spirit which may develop in your mind.

In using Kung-Fu or Karate you have no control over some things. All you can do with Martial Arts is injure or destroy an opponent to stop him. Now, I ask all of my students, is this True Self-Defense?

ATTENTION

Always remember to thank God and the opponent after an encounter. First, you will thank God because He kept you and the opponent from being injured. Then, you will ask for His help to settle all controversies in peace. This is because the opponent might seek revenge at a later date.

When thanking both God and the opponent, it should be done from the praying position. You bow first, then shake the opponent's hand. By thanking in this manner, you will receive God's peace.

For a better understanding of this special Kosho-Shorei note, please read the story of the Great Thank You Masa, in Chapter 5.

AUTHOR'S NOTE

Readers of this book, please do not confuse this Text Book Number 1, "What Is True Self-Defense?", the Kosho-Shorei Temple of Peace and True Self-Defense School, with my first book of war times, "What is Self-Defense?"

My book, "What is Self-Defense?" was written during the Second World War. At that time, I was influenced by Colonel Clarke and my students who requested that I teach body contact arts. They stated that we Americans could not win in war if we did not teach body contact arts. So, with great reluctance I yielded to their wishes and I taught the body contact arts. (It was really against my wishes to teach body contact.) Now the war is over and everyone wants peace.

Nobody wants another war, so now Kosho-Shorei True Self-Defense is welcomed everywhere because we teach only peace.

In our Kosho-Shorei Temple of Peace, True Self-Defense and Kosho-Shorei Yoga School, we have no body contact. This is the only True Self-Defense in the world. So, please, forget about my war-time book, and remember to study hard all that is written in this book.

There are some people who claim to know everything there is to know about Self-Defense. They are wrong unless they come from the blood line of a Grand Master. Only blood descendants know one-hundred percent of an art. Outsiders know only about thirty percent. The reason for this practice is that in China and Japan, when a Grand Master taught all, some students would make trouble for him. This presented a problem, which at times was hard to control. So, from that time on, outsiders were only taught about thirty percent of an art.

Now, I will build and open a Kosho-Shorei Temple of Peace and True Self-Defense School Headquarters here in the United States.

Remember, that to be a Grand Master, you must be born to a Grand Master or be a blood line descendant. Anyone saying that he is a Grand Master, and who is not one of the blood line, is not speaking the truth.

ATTENTION

Only the Grand Master's family knows the secret arts with no body contact. They always win, both mentally and physically, because God always helps the Temple of Peace and True Self-Defense School. Thank You!

MOTTO: (Please believe in God, respect the law, especially do not use any violence or break the law for any reason and cooperate with all law officers. Live in peace and be happy. Thank You!)

AUTHOR'S NOTE **KOSHO-SHOREI RANKING SYSTEM**

The ranking and color system of the Kosho-Shorei Temple of Peace, True Self-Defense and Kosho-Shorei Yoga School.

All Kosho-Shorei Temple of Peace, True Self-Defense and Kosho-Shorei Yoga School uniforms will have the Kosho-Shorei emblem on the center of the back.

Our ranking system, from top to bottom is:

1. Honorable Great Grand Master, wears a yellow uniform.
2. Honorable Grand Master wears a purple uniform.
3. Honorable Head Master wears a red uniform.
4. Honorable Master(s) wear orange uniforms.
5. Honorable Teachers wear black uniforms.
6. Honorable Assistant Teachers wear blue uniforms.
7. Honorable Disciples wear brown uniforms.
8. Honorable Students will wear white uniforms.

Honorable Disciples and Honorable Students will wear their rank on the upper left arm. The number of yellow stripes will show their rank. One stripe means 'Beginner'; Two stripes means semi-advanced, and Three stripes means advanced.

The Honorable Great Grand Master and the Honorable Grand Master are the only ones who have the authority to appoint the Honorable Head Master, Honorable Master, and Honorable Teachers. Honorable Masters and Honorable Teachers should be recommended by the Honorable Head Master. If the Honorable Great Grand Master is unable to perform his duties, the Honorable Head Master has the authority to perform the duties of the Honorable Great Grand Master. The Honorable Teacher of the school and Temple has the authority to appoint the Assistant Teacher, (from one of his disciples.) He will also give and present the rank stripes to the Disciples and Students of his Temple or school.

GENERAL INFORMATION

Dear readers, pay special attention to the information I am relaying to you. Analyze and understand what I am going to say.

In Japan and America, some Karate people are boastful and show the public the enlarged knuckles on their fists. They brag that they can break bricks and boards with their bare hands. They say, "If anyone fights us, we are the strongest and have the power to kill them."

I, the author, and Honorable Great Grand Master of the Kosho-Shorei True Self-Defense, say they are not the strongest people in the world. The strongest people are those who believe in God. Even though Karate is spreading throughout the world, there are still billions of people who believe in God. (Meaning; Billions of people are against war and violence Karate). They want peace. There are more churches in the world than there are Karate and Kung-Fu schools. The Kosho-Shorei Yoga School is the best in the world because it is God's will.

I have said many times before in this book that Karate, Kung-Fu, and many other Martial Arts cannot compete against modern weapons. In China and Japan it is hard to get a pistol, shot gun, or other weapon. But, in America one can get a pistol or other weapon very easily; so when Karate or Kung-Fu people boast and show-off, someone may get a gun and shoot them!

In Okinawa, some people practiced Karate secretly because they did not want the public to know that they did so. When citizens knew of a Karate man and saw him walking on the street, they would be afraid and would run into their houses.

MOTTO: (*Please believe in God, respect the law, especially do not use any violence or break the law for any reason and cooperate with all law officers. Live in peace and be happy. Thank You!*)

Now, I ask you, if you are a civilized person and believe in God, please do not practice Karate, Kung-Fu, or any other Oriental Martial Art. Today, in some communities of America, the people do not want the art of Karate taught because they know that it is a dangerous and evil art.

GENERAL INFORMATION

In the Kosho-Shorei Temple of Peace, True Self-Defense and Kosho-Shorei Yoga school, I (The Author), have correspondence courses. If any one wishes to learn my art, of Kosho-Shorei True Self-Defense, please write to me or my Honorable Head Master, and we will send you information about our correspondence course. We also have special training programs and courses for juveniles and convicts.

Koso-Shorei True Self-Defense is taught to the blind, deaf, and the retarded. So, when writing to us for information, please state whether you have a handicap or are a juvenile or convict.

RULES AND REGULATIONS

Anyone wishing to be a Disciple or Student of the Kosho-Shorei Temple of Peace, True Self-Defense and Kosho-Shorei Yoga school must follow certain rules and regulations.

1. Believe in your own religion as long as you believe in God. In Kosho-Shorei True Self-Defense, we do not interfere in a person's belief.
2. Live in peace and harmony in your community and society.
3. Always help the church or school in welfare programs and anyone who needs help.
4. Learn to love and understand all that you do. Always love everyone as you love yourself.
5. Respect the law and do not break it for any reason.
6. Always respect your Mother and your Father; also respect all elderly people, and address them as Honorable Mother, Honorable Father, Honorable Lady or Honorable Gentleman.
7. All Honorable Teachers must not love their Disciples and All Honorable Teachers must not only love their Disciples and Students, but should also respect them. They should address them as Honorable Lady or Honorable Gentleman.

EXAMPLE: Honorable Lady Smith.

8. All Disciples and Students should always address their Honorable Teachers by their titles; Honorable Great Grand Master, Honorable Grand Master, Honorable Head Master, Honorable Master, and Honorable Teacher.

EXAMPLE: Honorable Great Grand Master Mitose, Honorable Grand Master Kosho, Honorable Head Master Washington.

ATTENTION

Why do we use this title Honorable? In the Kosho-Shorei Temple and School, we use the title of Honorable because we are all God's creations, so we must respect each other. Without respect, there is no true happiness.

These rules do not only apply in the Temple and School, but also in public.

Anyone wishing to learn the Kosho-Shorei Temple of Peace, True Self-Defense and Kosho-Shorei Yoga Arts, should get a physical examination before doing the exercises. Your doctor should check your heart, blood pressure, and any other problem area to assure that you can do these exercises without hurting your body in any way. Please follow your doctor's orders.

AUTHOR'S NOTE

Students who learn the Kosho-Shorei Temple of Peace, True Self-Defense and Kosho-Shorei Yoga Arts cannot teach these arts or use the Coat of Arms for any other reason unless they have special permission from the Honorable Great Grand Master or the Honorable Grand Master. After obtaining authorization from the Honorable Great Grand Master or the Honorable Grand Master, if this person shows disloyalty, misusing the Arts or Coat of Arms of the Head Temple and School, they will lose their authority to teach the above stated Arts.

ATTENTION

We of the Kosho-Shorei Temple of Peace, True Self-Defense and Kosho-Shorei Yoga School make these rules because there are some people who practice an Art for a short period of time and then claim that they are experts.

When enrolling into a Kosho-Shorei Temple of Peace, True Self-Defense and Kosho-Shorei Yoga School, please ask to see the Teacher's authorization papers. This practice will avoid all disharmony.

MOTTO: (*Please believe in God, respect the law, especially do not use any violence or break the law for any reason and cooperate with all law officers. Live in peace and be happy. Thank You!*)

AUTHOR'S NOTE

Today, most people of the world do not want another war or any violent arts, but want only peace for the entire world and should therefore, read my book. People do not know about Kosho-Shorei True Self Defense. There is a big difference between True Self-Defense and Self-Defense. Self-Defense is a Martial Art and teaches body contact (Soldiers and Law Enforcement Officers can practice body contact Martial Art), but civilians, who believe in God and civilized people all over the world should not practice body contact Martial Arts. Truly all civilized people, God fearing people, and trusting people should all practice the art of Kosho-Shorei True Self-Defense, and not the body contact Martial Arts.

