

# What is Kempo?

The art of Shaolin Kempo Karate has developed from numerous styles of the martial arts including Shaolin Temple Boxing, Jiu Jitsu, Kung Fu, Kempo, different styles of Karate, as well as the art of the White Tiger (Chin Na).

Each fighting system offers something both unique and special, but each also has its weaknesses that make a fighter vulnerable. Our system stresses the Four Ways of Fighting- with your hands, kicking, felling, and grappling.

Remember the ultimate in self defense lay not in one way or style of fighting, but by combining the Four Ways of Fighting. The integration of these methods of fighting into one- thereby eliminating any and all weaknesses and vulnerabilities- is the Core, Theory, and Method behind our devastating and impregnable art of Shaolin Kempo Karate.

The Shaolin fighting system is the backbone of our system at its best for promoting overall good health and longevity. The system is very well balanced, incorporating the mind, body, and spirit into one. It is a system that promotes health and wisdom.

On the fighting side, Shaolin is renowned for its awesome and devastating kicking and punching techniques. It is the only system that incorporates the movements of the five animals: Tiger, Crane, Dragon, Snake, and Leopard.

The Shaolin theory of fighting is based upon circular movements, speed, conditioning and the development of strong internal energy, tendons, and ligaments. This is the essence of producing a superior fighter.