

Dissertation on the Origins and Development of Shuri-de (Shorei) 1.

Trias International Institute teaches the Chinese- Okinawan style of Karate. The system is called Shuri-de and is referred to by the Japanese as **Shorei**. It employs seventy –five percent use of hands and twenty-five percent use of feet. The system is best recognized by its low kiba-dachi stance and the exaggerated swivel of the hips with a coil- like action of the body when striking. Shorei stresses strongly the strength of the crane and the lower abdominal breath strength and power of the snake or serpent.

During the Yaun dynasty the 18 forms of Daruma called I-chin-ching which were grouped under a system of Chinese yoga of Taoist origin were consolidated and this resulted in the formation of 72 body and fist forms.

By astute observation, it was noticed that all wild creatures are provided with certain natural weapons. These were used for striking, clawing or snapping, with the uncanny ability to retain perfect balance when attacking or defending themselves. For example, the eagle and crane beak employed quick snapping movements; the leopard and tiger claw were associated with quick, powerful clawing movements; and the dragon's slow but powerful crushing movements were observed; as well as many others. The stances of the various creatures were then emulated for the purpose of retaining a natural balance; and man's natural weapons, mainly the hands and thumbs, were fashioned by vigorous training to simulate the beak, claws, talons, etc. of animals and birds. Other methods developed the limbs, hands and feet to substitute for club, dagger, spear, and other weapons.

The consolidation of slow breathing exercise forms with the various forms which were copied freely from nature resulted in the 170 forms which became the basis of the Shaolin (Sil-lum) system, which dispersed throughout China like a mushroom. These are some of the animal body and fist forms which are plainly visible when watching a Shorei karate-ka perform.

Shorei is believed to have originated from the internal Chinese systems of Hsing-Yi, Pa-Kua, Chuan-Fa (Kung-fu) and the external system of Shaolin-Chun, Chuan Pei, and Hung-Kun. The system was used and taught by Okinawan Masters Matsumura, Sakuma, Itus, and later Choki Motobu.

Shorei's insistent standard is in the extensive use of bone strength. The body alignment of bone power must be present with three or more parts of muscular bone balance which must meet in a direct line with the center of gravity of the body before execution of any block or strike. Shorei strikes are essentially circular and the power of the opponent is also deflected in a circular motion.

Three levels of blocking and striking in conjunction with three degrees of tightness and muscle tension are required when practicing. The soft internal and external breath control with body movement surrounded with animal body and fist forms are essential before the execution of any strike. The body and limbs then harden (harmonizing soft and hard) at the exact time of contact (maximum exertion) with the same instant stopping at a given point with a loud kiai. The body then again becomes soft until the next strike.

There are seven methods (Kogeki) which are used in advancing and retreating with eight distinctive types of attacks which must be executed in a circular fashion or a "V" formation. The reactionary striking manner symbolic of the snake and crane is strictly enforced in this system. When the user blocks any movement he must react spontaneously with quick, whip like strike. Shorei is the true way of karate-do.

1. This dissertation was taken from a Trias International Karate Institute handbook on Shorei Karate. It is similar to the Shuri dissertation which is also posted here and found in the Pinnacle. The main difference being the primary reference is to Shorei.