

The Martialarm Introduction To Kempo Karate

Though Kempo is often categorised as a style of Karate, in its original form it is a style of Kung Fu, being practised at the Shaolin Temple as early as the seventh century. Its common association with Karate stems from the fact that Kempo was brought to the island of Okinawa in the 16th century and was therefore very influential in the creation of Okinawa-te, which later became Karate. It is also known as Chinese Boxing because while it utilises swift and powerful hand techniques, the feet are used only for moving the practitioner out of harms way and not for attacking. Similar Styles: Ch'uan Fa (also commonly spelled "Quan Fa") - Mandarin pronunciation of the ideographs which are pronounced "Kempo" in Japanese; it is the same art. Ken Fat - Cantonese pronunciation of the ideographs which are pronounced "Kempo" in Japanese; it is the same art.

Kempo training can be done in any city in the world and I encourage you to visit our martial arts directory of Kempo to find a school near you!

About the Author

Visit the martialarm website <http://www.martialarm.com/martialarts/kempo.html>

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