



# Section 1

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## *Introduction*

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# CHAPTER 3



## THE HISTORY OF KARA-TE

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About 1400 years ago, an outstanding monk from Western India named Daruma-daishi traveled through deep mountains and wide rivers to meet the Chinese Emperor, Wu-di of Liang, and he preached Buddhism. The road from India to China was extremely rough and dangerous. Even today it is very difficult to travel there. It must have been even more difficult back then to go through never-trodden areas and still continue traveling for thousands of miles. It is not difficult to imagine that the energy and determination of Daruma-daishi was beyond that of regular people. Later he began preaching at the Shōrin-ji temple at Zhong Zhou. Recognizing his dignity and virtue, people came to learn from him and gathered like a cloud being formed. The crowd of students, however, could not endure the vigorous daily training and began to fall out one by one. They were grasping for breath and were almost dying. Then Daruma-daishi looked at them and said: "Teaching is preached to benefit your spirit. Spirit and body are one and should never be separated. I can see how completely exhausted and weak you are. You don't seem to be able to complete your learning. I am going to give you my teaching. First train your muscles according to my teaching. Afterwards, you will move on to grasp the essence of my teaching." So, Daruma-daishi gave his students a training method for body and spirit. By following the teachings of this "Book of Physical Training," the monks of the Shōrin-ji temple were finally able to regain their vigor, and their fortitude and valiance came to be, by far, the most outstanding in China.