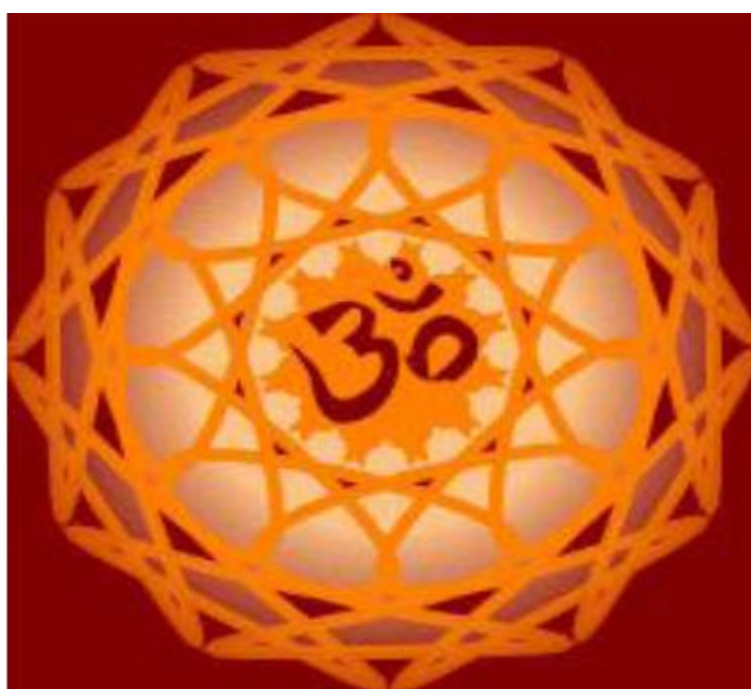


**THE BASIC PRINCIPLES OF THE
FUCHIYADO MEDITATION**

THE SAMURAI BLOWGUN MARTIAL ART



SHRI KRISHAN PURI

SWITZERLAND, 2011

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ACKNOWLEDGEMENT



In Japan Fukiya is like a national sport where thousands of people practice it regularly from the youngest to the oldest age. It is a sport to measure the best shots and points, with ranks and trophies.

FUCHIYADO includes some of the philosophies of Fukiya, Kyudo, Yoga, Tai-chi, Qigong and other martial arts in a new form.

All the ethic aspects have the goal to achieve good health and consciousness of the spiritual nature of all things.

My hope is my book will inspire a lot of people to practice FUCHIYADO in a way of a meditative martial art.

I express my thankfulness with a deep bow to all who have given their energy in this project, especially:

Tim Travell (structuring, text-editing, video- and photo production)

Jasmina Kotevska (text-editing)

Stephen Damon (final check of the English Grammar)

Florian Sax (design of the Emblem)

Yours sincerely,

Shri Krishan Puri

INTRODUCTION



The FUCHIYADO Samurai Blowgun technique is a union of:

Japanese Martial Art Kyudo
Yoga
Meditation
Tai-Chi
Qigong
Zen-Spirit

The beneficial aspects:

Good health
Better breathing
Stable character
To develop meditation techniques
Concentration
To calm mind
Spiritual consciousness
Self-realization

To bring more awareness and attentiveness into society

It is fitting for women and men. Children from 10 years on can practice it. It is suitable for older people also.
Even physically handicapped, which can hold a blowgun, can do it.
Under certain conditions it can also be exercised with mentally handicapped.

We do not accept any kinds of misuse of the FUCHIYADO Samurai Martial Art.
The rules of the use of the Fukia (Blowgun) are clearly defined and they should always be respected.

The FUCHIYADO Samurai Blowgun Technique was created by Shri Krishan Puri, who practiced Yoga in India, Nepal and his home country Switzerland for about 35 years. For many years he is a Master of Meditation and FUCHIYADO leading his own Ashram, named "Der Baumgarten", in MuttENZ, Switzerland, near Basel.

Shri Krishan Puri is delighted to welcome you to the world of FUCHIYADO.

THE EMBLEM OF FUCHIYADO



Three basic principles are included in the Mon (emblem) of the FUCHIYADO Samurai:

- The outer interlaced lines symbolize the Zen-Spirit of Kyudo
- The center globe symbolizes the Chi energy of Tai-chi and Qigong
- The center symbolizes the AUM of the Yoga and meditation traditions



THE FOUNDER OF THE FUCHIYADO MARTIAL ART:

SHRI KRISHAN PURI



In the 1970s I started to train Judo for 6 years. I successfully got a license mark from the SIV (Swiss Budo Association). After that, I went to Jiu-Jitsu classes for 3 years.

After that time I changed my mind and started to train together with two good friends of mine: Max Luxinger and Roi Goldimann. Roi was already a fantastic Ninja expert and our teacher. Roi was filling up football stadiums, when he was performing in India, Japan etc. He was a real Master of martial arts. Roi did special training classes for Black belt for Police, Military and high class Martial Arts professionals and I joined these training classes. There I trained for three intensive years, where I received the 2nd and 3rd (Dan) Black belts.

Unfortunately Roi died relatively young in 1982. After Roi's death Max and I went into different directions and we didn't exercise professionally.

I decided to go to India and practiced Ascetic Yoga and Meditation for 25 years. At the end of my time in India, I got a certificate from the Indian Government as an expert of meditation techniques and spiritual practice. This certificate is called "Prampater" and today I have the status of a "Naga Baba Avadhut Sadhu" and I am a member of the inner circle of the oldest spiritual group in India – the so called "Gymkhana Dashanami Sampradaya Juna Akhara (Bhairon Akhara)" order.

Now I lead a small Meditation center "Der Baumgarten Ashram" in Switzerland, in MuttENZ near Basel. With my knowledge and experience of more than 35 years in Yoga and Meditation, I created a new form of Mediation: "the FUCHIYADO Martial Art".

THE FUCHIYADO EQUIPMENT



There are different Fukiyas (Blowguns): 120 cm, 140 cm, 160 cm, 180 cm and 200 cm in length and usually with 16 millimeter in diameter, either with mouthpiece or without. Most blowguns are made from aluminium, steel or carbon.

The arrow (Ya) is made in different shapes and is from 10 cm to 25 cm long. Most with paper cones or self-adhesive foil. The pin is normally made out of wire with a 1 millimeter diameter or wooden sticks with a diameter of 2 - 4 millimeters.

Everyone has his own method to make the arrows. Important is that they can fly straight. They should not be too weighty.

The Mato (the target) is made from many materials: most are made from strong foam. The size is usually 40 by 40 cm and behind is a big board of 100 cm by 100 cm to protect the surroundings.

The Yas *can* be very dangerous. It should be clear: Never shoot when someone is in front of the target.

To get a Fukiya (Blowgun) you have to spend anywhere from 50 to 100 Euros. The arrows and the targets are easy to make. It is also fun to produce them.

The target centre should be 160 cm above the floor.
For handicapped in a wheel chair the height is 90 cm.
The distance is 8 to 15 meters.

I recommend long blowguns that are 180 cm to 200 cm in length and 16 mm in diameter. Two piece blowguns should be avoided. They wear out too fast.

Why so long Blowguns? When you do regularly 100 - 200 shootings twice a week with the FUCHIYADO breathing technique, proper Kata and long blowguns, the lung power can rise up to 50%.

THE FUCHIYADO CLOTHING

The clothing of a FUCHIYADO Samurai originates from the Japanese tradition.



The photo above presents the items of the FUCHIYADO Samurai including clothing



The Kimono



Obi – the belt



The back side of the Kimono is placed under the Obi, for free movement of the legs



The Hakama (consists of two parts: front- and backside)



Fixing the front part of the Hakama



Fixing the back part of the Hakama



The complete look of the clothing



Placing the Yas -the arrows- between the belt



Ready to practice

THE TERMS OF FUCHIYADO



FUCHIYADO is based among other things on the Japanese KYUDO:

1	Kata	The correct form
2	Fukiya	The blowgun
3	Ya	The arrow
4	Mato	The target
5	Shagi	The technique
6	Shai	The position
7	Rai	To take a bow towards the Mato
8	Ashibumi	the footing
9	Kamaeru	To stand still with your legs shoulder width apart
10	Uchiokoshi	Raising the Fukiya
11	Yudaoshi	Lowering of the Fukiya
12	Dozukuri	Correcting the position
13	Fugamae	Readying the Fukiya
14	Hikiwake	Aiming the Fukiya
15	Ki or Kai	Completing the shot
16	Hanare	The withdrawel
17	Yudaoshi	Lowering of Fukiya
18	Zanshin	Releasing the Fukiya and reflecting the action
19	Rai	To take a bow towards the Mato

THE FUCHIYADO SAMURAI PRACTICE BY SHRI KRISHAN PURI



I would like to explain, how I created the FUCHIYADO Meditation - the way of a FUCHIYADO Samurai:

**The meaning of the word FUCHIYADO is:
FU -wind, CHI -activity, YA -arrow, DO -way**

First the students have to dress themselves in the Kimono, with the Obi and the Hakama. It is a traditional Japanese dress. It is based upon Kyudo (Japanese Bow-Archery). The clothing is very important, because the students go out of their daily life. With the dressing they prepare for a deeper meditative awareness to start the practice. When they enter the Dojo (the place of practice) the students are no more in daily mood. They have to follow the Dojo-Kun (the Dojo rules). See below “Dojo Rules”.

The FUCHIYADOKA (student of FUCHIYADO) first has to take place on a carpet which is the place where he always does the Meditation and the FUCHIYADO Kata (the correct form). It is the Shai (shooting position) and the Asan (the meditation place in Yoga) at the same time.

The first step is the Meditation, in order to come to the point of inner silence. That is done in for 15 minutes. After that we go to do the second step: the “Pranayama”. It is a three point yoga breathing technique, where you exercise all parts of your lungs: The belly, middle and breast part. The duration of the “Pranayama” is also 15 minutes. The benefit from that is that your lungs are free and open. Your body is filled with oxygen and the mind is clear and calm.

After these exercises we stand up to the Shai (shooting position) and start for the FUCHIYADO practice and Kata (the correct form).

After every round we sit down for some minutes in meditation, to concentrate and calm every part of the body and mind. We concentrate with focus to the Mato (the target) with the inner eye.

At the end of the practice time we give respectful bow to the Spirit, to all Masters, to the students and to all sentient beings.

We do a final short meditation to consolidate the Spirit, to bring the benefit to the point of the practical use in our daily life, to become more attentive and conscious well as to bring more awareness into the society.

Without the meditation aspects, there wouldn't be any expansion or benefits, neither for the training partners nor for the higher self and also not for the external situations in our daily life.

In the FUCHIYADO way of practice the benefits can develop properly and the positive effects will remain permanently.

In the beginning there is no need to wear the official clothing.

You need a Fukiya, Yas and a Mato to start with FUCHIYADO. It just needs interest and continuity.



KUN

THE RULES OF A FUCHIYADO SAMURAI



- 1. Never kill any living being.**
- 2. Give respect to every life form**
- 3. Use self - defense only when your life is in danger.**
- 4. Avoid places of trouble.**
- 5. Always respect the nature.**
- 6. Do not act against yourself.**
- 7. Always help your fellow men in your environment.**
- 8. Be always friendly and calm.**
- 9. Act always in a proper way.**
- 10. Your action should be always in correspondence with your inner self and the higher truth.**
- 11. Take care of your actions; always give good examples in society.**
- 12. Behave in love, truth and simplicity.**

DOJO KUN

THE TWELVE RULES FOR THE FUCHIYADO SAMURAI IN THE DOJO



- 1. Never shoot as long as someone is still in front of the target.**
- 2. Always show respect to the Master and to the training partners.**
- 3. Be humble and polite.**
- 4. Train considering your physical strength.**
- 5. Practice earnestly with creativity.**
- 6. Be calm and swift.**
- 7. Take care of your body-health.**
- 8. Always wear the FUCHIYADO clothing in a proper way**
- 9. Do not be too proud or too modest.**
- 10. Continue your training with patience.**
- 11. Do not touch other people's things and no unnecessary talking.**
- 12. Never disturb the peace and quietness.**

THE BASIC STEPS OF FUCHIYADO



There are several basic steps of the FUCHIYADO Kata for the FUCHIYADO Samurai to follow:

1	Rei/Bow	take a bow towards the Mato
2	Kamaeru/Stance	stand still with your legs, shoulders parallel
3	Raise your FUKIYA	inhale through your nose, whereas you raise your FUKIYA
4	Exhale	through your mouth, as you lower your FUKIYA
5	Inhale	look the Mato and taking a deep breath. Target at the Mato
6	Shoot	make one short strong shot
7	Calm-down	calm your breathing while lowering your pipe
8	Rei/Bow	take a bow toward the Mato

Executing these steps correctly with proper FUCHIYADO breathing will elevate the concentration and bring wonderful effects on your body and mind.

THE BASIC STEPS OF FUCHIYADO IN DETAIL

The basic process is the “Kata” (the correct form), which is the fundament of practicing FUCHIYADO.

The importance of these motions cannot be overemphasized.

There is lays the very essence of “Shingi-renma”, which means to achieve good health.

Please read this description thoroughly so that you can avoid simple shooting games and master the FUCHIYADO Breathing Meditation.

It may be better to practice these movements without Yas at first.

It is banned to attach anything at any point within 30 cm from the end of the FUKIYA (something like a visor).

There more variants of Kata to practice. These you can learn in my courses.

You should practice facing to the left, the right and directly facing the Mato.



STEP 1 “REI / BOW”



- In traditional Japanese martial arts, bowing must be done at the beginning and end, which is the same in FUCHIYADO. You will realize the meaning of bowing deeply as you train your spirit and technique.
 - Take a bow at the beginning and at the end of each round.
 - One round is held within 10 up to 15 minutes.
- 1) Insert your arrows before standing in front of the Mato (Seven arrows for one round).
 - 2) Stand right in front of the Mato (the target).
 - 3) Hold your FUKIYA straight in between the thumb and forefinger with your dominant hand.
 - 4) Hold you arms loose. Do not bend your elbow and do not touch your FUKIYA onto the floor.
 - 5) Bow attentive and quite slow. When you bow, do not swing your FUKIYA backward.
 - 6) Raise your head and look at the Mato.

STEP 2 “KAMAERU / STANCE”



- 1) After bowing, angle yourself to the line at 45 degrees. Stand with your feet shoulder wide apart.
- 2) Relax, and straighten your neck and back. This is "the basic posture for stance".
- 3) Hold your FUKIYA with both hands between your thumb and forefinger and keep it parallel to the floor.
- 4) Place one hand five centimeters away from the border. Your hands should be at shoulder width.
- 5) Take out one arrow from your belt.
- 6) Keep your FUKIYA parallel to the floor. Insert the arrow with one hand to the point where you cannot feel it anymore. The cone will stop the arrow falling through FUKIYA.
- 7) Return to the basic posture for stance (45 degrees back), with your fingers pointing to the floor.
- 8) Your eyes should look straight ahead of you at any time during the basic posture for stance.

STEP 3 “RAISE YOUR FUKIYA”



From this step, "the FUCHIYADO Breathing" begins.
This whole movement should take up to 15 seconds.

- 1) Stretch your arms and raise them over your head like drawing a big half circle with your arms.
- 2) As you raise your arms, you need to inhale through your nose.
- 3) When your arms reach your ears and are raised as closely to your ears as possible, you should be at the point when you inhaled completely.
- 4) Look straight in front of you.

STEP 4 “EXHALE”



- This is the stage where you concentrate and focus yourself.
 - Exhaling should take about eight seconds for beginners, and ten to fifteen seconds for experienced FUCHIYADOKAS.
 - When exhaling, try not to exhale loudly.
 - Do not lean forward.
 - Exhale all of your breath.
 - You may close your eyes or keep them half opened to enhance concentration.
- 1) Stretch your arms, and exhale as you lower them like drawing a big half circle.
 - 2) Exhale as slow and long as you can, while pulling in your belly muscles. It may be easier to do this with your mouth shaped like you would whistle.

STEP 5 “INHALE”



- 1) Reposition yourself so that you face the Mato.
- 2) Aim with the FUKIYA and at the same time inhale through your nose. The air you inhale is the air you use to shoot the Ya. At the time when aiming is finished, inhaling should be finished.
- 3) With the hand next to the MATO you aim the FUKIYA. Keep your FUKIYA horizontal and parallel to the floor at all times.
- 4) Place the other hand near your mouth to hold the FUKIYA gently.
- 5) Bend the elbow of this hand slightly and put your FUKIYA on to the palm of this hand.
- 6) Do not relieve the FUKIYA. Relieving the FUKIYA can hinder your aiming.
- 7) Put your FUKIYA to your mouth in order to avoid air leaking. It's up to you, how you keep the shape of your mouth.
- 8) Your eyes should always be directed at the centre of the Mato.
- 9) The air actually is in your lungs, but imagine that you are keeping the air in your belly. Especially around the part that is located beneath your belly button. Traditionally it is named "Tanden" in Japan.
- 10) Try not to aim with one eye. Aim with both eyes. Your eyes should always be directed at the centre of the Mato.

STEP 6 “SHOOTING”



- This is the step where you concentrate yourself to the maximum.
 - Practice so you can feel your lower belly deflate the moment you release air.
 - Always keep in mind what you want to improve in your performance when you shoot.
 - You will not improve if you practice without thinking.
 - You should challenge yourself with each shot.
 - Every shot will leave a strong impression on you. You will accumulate significant experience, even if you miss the center.
 - The thoracic and abdominal breathing used in Basic steps 3 to 6 is called FUCHIYADO breathing.
1. Aim at the Mato. Beginners may count “1, 2, 3” and shoot.
 2. Try not to think of anything.
 3. It is important to blow out your air in one fast exhalation.

STEP 7 “CALM DOWN”

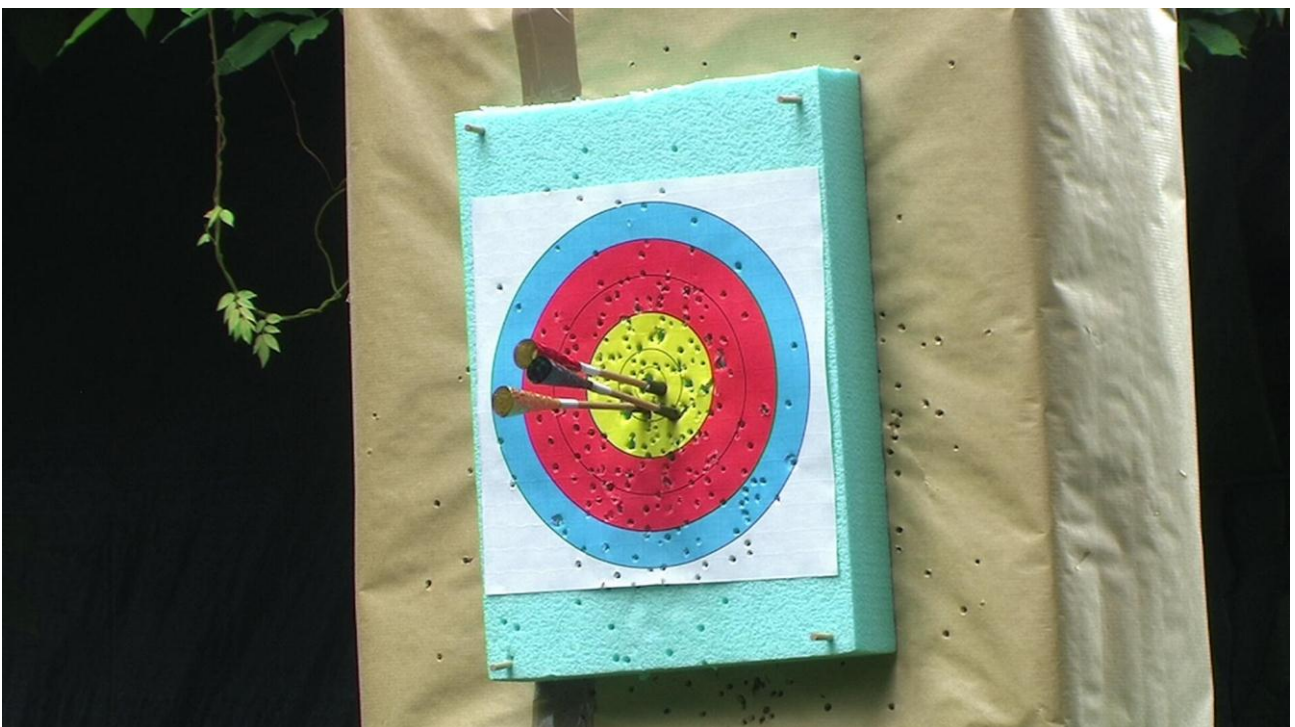


1. Even after the shot, your mind should still be directed at the Mato. This state is called "Zanshin" in Japanese martial arts, which means literally “remaining mind and body”. It is the state of keeping alert and holding the FUKIYA after a successful shot.
2. After shooting, keep looking at the Mato and stretch out both arms in front of your chest slowly.
3. Keep both arms at about the level of your eyes.
4. When you finish this, direct your eyes in front of you.
5. Lower your arms slowly as you calm your breathing.
6. Now you are back to the basic posture for stance and ready to insert the next Ya.

STEP 8 “REI / BOW”



1. After shooting the seven arrows, stand straight facing the Mato.
2. Hold your FUKIYA like you did at the beginning and take a bow towards the Mato.
3. Step back approximately one meter after the shooting and wait quietly to the point that all training partners have finished their shooting.



AFTER SHOOTING



The “Yanuki” stick is a wooden cone for pulling the arrows out of the Mato after shooting.

Hold the leading end of the Ya and slowly pull it out by using the other hand. If you do not have a Yanuki stick, you can pull the Yas out with your hands. Put your Yas back in your belt.

Pull all your Yas out of the Mato, but never do this before everyone has finished his shooting.

For beginners, just hitting the Mato is a great achievement.

Cleaning your Fukiya:

After shooting several Yas, the inside of your FUKIYA gets wet from the condensed moisture of your breath.

In that case, Yas may stick to the inside of your FUKIYA and may not fly properly. To avoid this, use a FUKIYA cleaner. Wipe the inside of your FUKIYA with a FUKIYA cleaner after every round.

Exchange cloth or tissue regularly for sanitation.

Condition of the Yas:

Make a habit of checking the condition of your Yas concerning deformation or destruction after cleaning your FUKIYA.

Yas in poor conditions will not fly properly. You may be able to repair them using glue. Deformed Yas may be fixed by inserting a Yanuki stick into the dart. It is a wooden cone.

Checking Size of the Yas:

It is important that the internal diameter of your FUKIYA matches the diameter of the dart. To make sure the size is right, hold the FUKIYA vertically and drop a dart into it. If the Ya falls into the FUKIYA with a small friction sound, the size is appropriate. To modify the diameter of a Ya, you may trim the fletchings with good scissors.

THE BENEFITS OF FUCHIYADO



I find out after 35 years practice of Yoga and Meditation that the FUCHIYADO breathing technique is very similar to some Yoga, Qigong and Tai-chi breathing techniques.

I also have found out that when you use a long Fukiya (16 mm diameter / 180 - 200 cm long) instead of a small blowgun it is better for your health. The lung power can increase up to 50% because you need more power and concentration to shoot.

The practice of Yoga and FUCHIYADO breathing techniques can help people with lung problems from smoking. Some of my students were even having problems with lung cancer (in the beginning stadium). With the help of the FUCHIYADO breathing techniques they got considerably better. But we need to take in consideration that there is not always healing chances for such difficult lung diseases. It depends how far advanced the illness is. But surely, there are many benefits in FUCHIYADO for the health.

The meditation has a special healing effect to the body and mind. The positive effects are: better concentration and more silence. In daily life the people are more centered in their personality. If Children practice FUCHIYADO they will get more balanced. They will be less hectic and in school they can achieve better results.

All aspects of FUCHIYADO, Zen spirit, Yoga meditation are helpful for the body, mind and consciousness, as well as for the peace and happiness in society.

FUCHIYADO is not only a Sport; it is a way of life.

The great Aikido Master Morihei Ueshiba was one of the originators of Martial Arts. I included the philosophies of Morihei Ueshiba into the practice of a FUCHIYADO Samurai. He highlighted the benefits very clear in his philosophy, life and practice.

In all Yoga systems the techniques are similar and they are used for more than 2000 years. Many philosophies and techniques have been written down since then.

So, the positive effects of the above explained healing aspects are proved.

FUCHIYADO SAMURAI CHARACTERISTICS



The FUCHIYADO Samurai character of good health is integrated with philosophical and ethic ideas. Someone who lives by the rules of a FUCHIYADO Samurai follows the nonviolent path.

According to the tradition of Yoga, Zen, Tai-chi, Qigong and Kyudo, the FUCHIYADO Samurai needs to be pure vegetarian.

He is against any kind of violence.

He also needs to take care of nature, because all living beings are brothers and sisters to him. For good living, there is no other way to be really healthy.

You can get a lot of nice choice of vegetarian food in the market today. There are enough varieties from which you can cook different meals everyday. If you plan your meals well, it will never get boring. Important is that you always have an eye on a balanced nutrition. In that way, you take good care about your health.

There are also more important points to be a vegetarian:

The meditation works much well and your joints will be less stiff.

That is because of the chemical substances in the non-vegetarian food.

Also it is better for the digestive system because the digestive process is easier and quick.

You are less tense and the whole body system is calmer.

The chemical ingredients of the non vegetarian food are barriers of the Chi (energy) and Prana (the life power). You need to avoid non vegetarian food to have a good energy flow and a really good result for the meditation, Tai-Chi, Qigong and Zen practice.

But that does not mean that a non vegetarian is not able to have also good results.

There are also ethical aspects in Yoga, Kyudo, Meditation, Zen, Tai-Chi and Qigong. These traditions were always based on vegetarianism. Everyone can choose how he likes to live and how he arranges it with his conscience.

When you practice meditation the brain waves are on a better level. Through the meditation the control and the balance of the brain waves is easier.

I follow the tradition of Yoga, Tai-Chi, Qigong, and Zen for about 35 years and I have very good results. I am rarely sick and in good health and I advise everyone to become vegetarian.

The FUCHIYADO Samurai practices everyday Meditation at morning and evening to receive its benefits. His goals are self realization and nonviolence.



ACTIVATION OF THE CHI POWER

by Aaron Hoopes



FUCHIYADO is practiced with a deep breathing technique which activates the Chi power, the life power, also known as “Prana” in yoga and meditation.

Most martial arts practitioners have some idea about the concept of Chi energy. Chi refers to the natural energy of the Universe, which permeates everything. All matter, from the smallest atoms and molecules to the largest planets and stars, is made up of this energy. It is the vital force of life. It is the source of every existing thing. Chi has many manifestations.

To the Kung Fu and Tai-chi practitioners of China it is known as "Chi", but different philosophies and cultures call it by different names. Japanese martial arts call it "Ki". Metaphysical science calls it "vital force". Friedrich Mesmer called it "animal magnetism". The Indian and Hindu yogis call it "Prana". Western science defines it as "biorhythm", and New Age thinkers simply call it "cosmic energy".

Naturally, in each manifestation the Chi is viewed and defined differently, but basically it is the same thing. It is the power which enables us to think, move, breathe, and live – the power that makes gravity act like gravity. It is what makes electricity electric. It is the link between our perception of the inner and outer worlds.

It is our connection to the very flow of the universe and the prime moving force within the human body. Chi is not breath; it is the power that makes it possible for us to breathe. Chi is not simply "energy, it is what gives energy the power to be energy. Chi is the power behind movement and thought...and it is everywhere. It is in the oxygen we breathe and the blood that flows through us.

It is difficult to define Chi concretely. It cannot be seen or measured; it cannot be touched or captured. It is everywhere, yet we have no way to touch it, make it tangible, or even prove its existence. Therefore Chi is a difficult concept to accept.

The Western mind likes the tangible, the concrete and the specific. It likes a scientific explanation which

defines, dissects, and categorizes. Chi transcends this kind of explanation. It doesn't fit easily into a strict biomedical framework. It is simply indefinable in those terms.

Chi within the body is like power in a rechargeable battery. Occasionally it needs to be replenished. The Chi of the universe is inexhaustible, yet the body needs fresh Chi to maintain its vitality. When you are exchanging the Chi within you with the Chi of the universe, you feel healthy and vigorous. By energizing the body with Chi it is revitalized naturally, enabling it to fight off illness and maintain good health. The true secret to replenishing Chi resides in our breathing.

Breathing in and out through the nose is the only method that enables the body to process Chi energy effectively. Most people understand the importance of breathing in through the nose. When we breathe in through the nose, there are a series of defense mechanisms that prevent impurities and extremely cold air from entering the body.

First, a screen of nose hairs traps dust and other particles that could injure the lungs if we breathe through the mouth. Next, there is a long passage lined with mucus membranes, where excessively cool air is warmed and very fine dust particles that escaped the hair screen are caught.

Finally, in the inner nose are glands which fight off bacteria that may have slipped through the other defenses. The inner nose also contains the olfactory organ that gives us our sense of smell, which can detect poisonous fumes that could damage our health if we were to breathe them.

Breathing out through the nose requires a deeper understanding of the nature of Chi energy. Practitioners of martial arts, especially karate, need to absorb and process the Chi that they are breathing in order to generate the power and force for the techniques they practice.

They also need to be able to retain the Chi within the body until the moment it is needed. Basically, when we inhale, we are bringing fresh oxygen and Chi into our body. When we exhale through the mouth, we are expelling carbon dioxide, which contains all the toxins and poisons that have built up within the lungs.

We are also expelling Chi from the body. But if we are continuously expelling the Chi, we never give it a chance build up into the rich source of energy needed to complete our techniques to their maximum effectiveness. By exhaling through the mouth, we simply allow the Chi energy to dissipate back into the world.

Breathing out through the nose, however, completes a closed circuit. By exhaling through the nose, rather than allowing the Chi energy to be expelled with the carbon dioxide, we transfer it to the dantien or hara, located about three finger widths below the umbilicus.

With each breath we take in, more Chi enters the body and circles down to the dantien, growing stronger and stronger. During this breathing process, the tongue is up, touching the top palate of the mouth just behind the front teeth and the air is expelled from the nose with a slightly audible hiss. There is also a feeling of the abdominal walls contracting down with the exhalation.

Once sufficient Chi has been generated this way, the practitioner is able to direct the Chi with tremendous force. Remember that Chi is a subtle, invisible force that requires much patience and long years of practice to understand.

The ability to relax and breathe effectively will benefit your training in building Chi. When your mind and body are working together in a relaxed manner and you are breathing properly, a tremendous amount of energy is able to flow through your being.

The key is not to force it, just slow down, relax and breathe through your nose.

CLOSING WORDS BY SHRI KRISHAN PURI



“Do” means a road, path, way, art.

Each school of philosophy has its “Do”.

“Do” means 'the way the universe works'.

The way in which life should be ordered: its method, doctrine, principle.

The Way of life is obvious:

When autumn comes every leaf has to die, even when it was beautiful.

Also flowers with their inviting fragrances, have to go.

After the winter break, they start to grow and bloom again in his beauty.

Take care always about love, truth and simplicity.

The Way of a FUCHIYADOKA means, among other things, to be a straight person.

Someone who does not walk straight is “far from the Way of Man”.

The Meditation and the clear mind together with the “Chi” is the way to be a

“FUCHIYADO Samurai”, which is the art of self-control.

The follower of the philosophy of “FUCHIYADO” is called “FUCHIYADO SAMURAI”.

THE way of “FUCHIYADO” creates a precious personality and leads to self realization.

Love and Light

Shri Krishan Puri

CONTACT AND FURTHER INFORMATION



You are invited to contact me for further information about the FUCHIYADO Meditation!

Shri Krishan Puri

„Der Baumgarten Ashram“
c/o Christoph Dellitsch
Baumgartenweg 10
CH - 4132 Muttenz (near Basel)
Switzerland

Telephone: +41 (0)79 79 18 202

E-mail: Krishan@Puri.ch

Website: Krishan.Puri.ch

FACEBOOK:

Please type “FUCHIYADO” in Facebook to find our community page.

Here we collected a lot of information,
photos and videos about the FUCHIYADO Meditation.

You can also find
“Shri Krishan Puri”
at Facebook.

Text Co-Editing, Photo- and Film-Production by
Sven Time (“Tim Travell” at Facebook | timewave2012@yahoo.de)

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Space for your own notes



The **FUCHIYADO** Samurai Blowgun Technique was created by Shri Krishan Puri, who practiced Yoga in India, Nepal and his home country Switzerland for about 35 years. For many years he is a Master of Meditation and FUCHIYADO leading his own Ashram, named "Der Baumgarten", in Muttenz, near Basel, Switzerland.

Shri Krishan Puri is delighted to welcome you to the world of **FUCHIYADO**.

