

BY THE HONORABLE GREAT GRAND MASTER

JAMES M. MITOSE



**TRUE AND PURE
KARATE AND KENPO
SILVER ANNIVERSARY EDITION**

JAMES M. MITOSE'S

WHAT IS TRUE SELF-DEFENSE?

**MITOSE'S INTERNATIONAL
KOSHO RYU KENPO ASSOCIATION
ANTIOCH, CALIFORINA**

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Reader's Note

This is the last writings of James Masayoshi Mitose. Every thing written by the author has been painstakingly reproduced as it was originally. The only differences are where the author refers to future correspondence from the author to the reader; these notes have been deleted. Sadly, James Mitose had passed away on March 26, 1981. His teachings will live on.

WARNING

This book is presented as a means of preserving a unique aspect of the Teachings of James M.Mitose. Neither the publisher, nor the author make any representation, warranty or guarantee that the techniques or lessons in this book will be safe of effective in any Self-Defense situations or otherwise. Neither the publisher, nor the author is responsible for any such injury that may result. It is essential that you consult a physician before attempting any activities in this book.

This book is the Bible, Scripture; Cannon of the Kosho-Shorei Temple of Peace, True Self-Defense, True and Pure Karate and Kenpo Kosho-Shorei Yoga School.

IT TEACHES

RELIGION, PHILISOPHY, NATURAL HEALTH, NATURAL BEAUTY, KOSHO-SHOREI TRUE SELF-DEFENSE, AND KOSHO-SHOREI YOGA.

**HONORABLE GREAT GRAND MASTER
JAMES M. MITOSE (*DECEASED*)
THE HONORABLE GREAT GRAND MASTER
AND HEAD OF ALL KOSHO-SHOREI TEMPLES
OF PEACE, TRUE SELF-DEFENSE, TRUE AND
PURE KARATE AND KENPO, AND KOSHO-
SHOREI YOGA SCHOOLS.**

AUTHOR'S NOTE

I, (the author), used common English to express my thoughts in the writing of this book. There are many religious terms and philosophical phrases in this book.

Most elementary and Junior High School graduates can read and understand this book.

GENERAL OUTLINE

This book entitled (What is True Self-Defense?) is about religion, philosophy, psychology, True Self-Defense, natural health, natural beauty and Kosho-Shorei Yoga. Live to be over 130 years old and live like a young man.

Here are some highlights of this book:

1. How to live long, be healthy and beautiful.
2. How to defend yourself, your family, your friends, and all other people against attackers.
3. How to believe in God and respect Him.
4. How to fight crime and respect all laws.
5. The differences between “True Self-Defense” and Self-Defense.
6. Kosho-Shorei Arts compared to other Martial Arts, such as Karate and Kung Fu
7. How to understand yourself and keep yourself happy.
8. How to defend yourself against diseases and accidents.
9. How to survive in any society.
10. The Author wishes you to read **WHAT IS TRUE SELF DEFENSE?** and the Old and New Testaments of the Bible to get a better understanding of yourself.

MOTIVE FOR PUBLICATION

Here, briefly is why I wanted to publish this book.

In 1944, I opened a Self-Defense Club in Hawaii. In 1947, I published a book under the title, “WHAT IS SELF-DEFENSE AND ORIENTAL PHILOSOPHY?” This is a revision of that book.

The purpose was to teach world peace and happiness toward mankind, and especially to assist in the struggle against crime.

You all know what happened on December 7, 1941, when Japan attacked Pearl Harbor, Hawaii. I was living there at that time, and was a citizen of the United States. I volunteered for the Hawaii National Guard and was Honorably Discharged with excellent character.

When I published my book in 1947, it received many endorsements and recommendations from many well-known people and organizations.

ENDORSED AND RECOMMENDED BY

City and County Police Departments of Honolulu, Hawaii.

City and County Sheriff Departments of Honolulu, Hawaii.

The President of the Senate of Hawaii.

The Honolulu Stadium of Hawaii.

The President of Hawaii Judo School and the former Middle Weight Wrestling Champion of the World, etc, etc...

I donated some copies of my book to the libraries of Hawaii and it was said that it was most interesting and useful. It would certainly be a popular book. They were very pleased to add it to their collections. I also donated copies to the Los Angeles Library, Los Angeles, California.

They have said they were very appreciative and it was one of the best books they ever had.

In my school, I trained men for law enforcement, service men and civilians-regardless of their race, nationality or religion. I have also taught at the Young Men's Christian Association (Y.M.C.A.) and various Christian churches.

During the War, (World War Two) I donated Christmas gifts and food to the National Guard. After the War, I donated funds twice, to buy uniforms for the police department of Honolulu. I also donated funds to many Christian Churches and the Hawaii Mission School. After moving to Los Angeles, I donated funds to a Japanese Christian Church, a Buddhist Church, and the Japanese Chamber of Commerce. I also donated typewriters to them. I donated funds to help build a Japanese School in Los Angeles. I donated to many organizations in Japan, including the Helen Keller School for the Blind. I assisted in sponsoring a scholarship fund for the University of California. All of this was made possible by the earnings from my first book, and by the monies that I had earned and saved up to that point in my life. I have received letters of appreciation from the Japanese Consulate General, the Chamber of Commerce, the Japanese School, the Japanese Buddhist temple, and the Japanese Christian Church. All of these organizations are located in Los Angeles.

I have also donated books to President Dwight D. Eisenhower, President John F. Kennedy, President Lyndon B. Johnson, President Richard M. Nixon, and the many other world renowned people. All have expressed their deep appreciation and have highly praised my book. They understood my book and my philosophy and, wherever I am, I have thousands of students. So, I am grateful to God, Jesus, Buddha, and to everyone in the whole world.



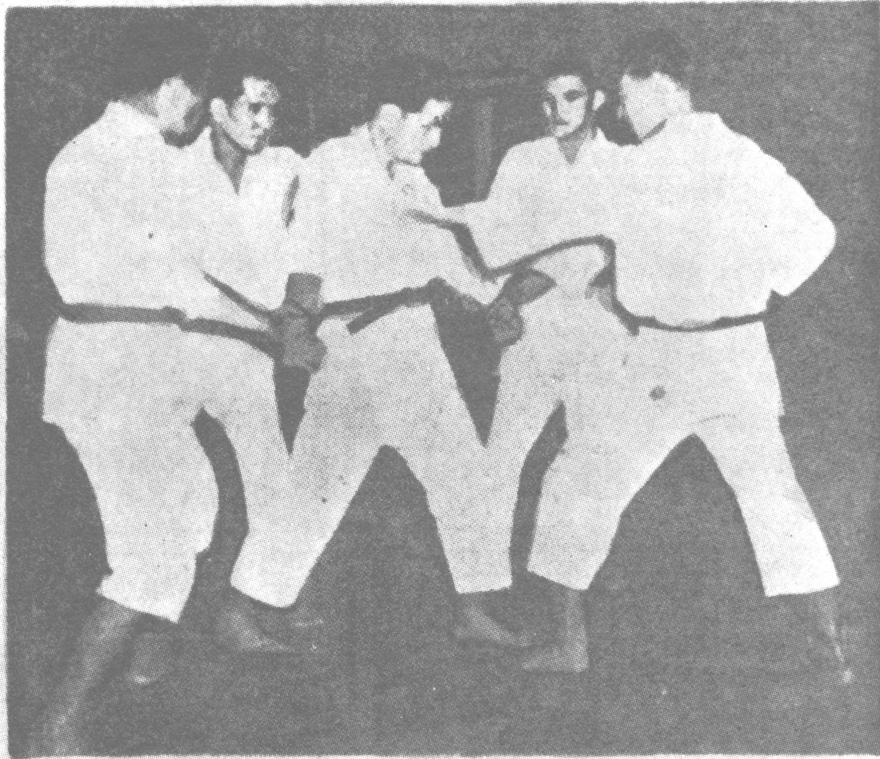
INTERNATIONAL SELF-DEFENSE CLUB

NUUANU, Y.M.C.A.

Early photo (about 1948) Taken to commemorate presentation of the Shodan (black belt) rank to Dr. Arthur Keawe (second from right, middle row). Standing in front of American flag are Honorable Great Grand Master Mitose (center, top row) wearing ministerial robe and holding rosary, and instructor William Chow (third from left, top row).



Official Self-Defense Club at the Chinese Christian Church taken about 1946. Honorable Great Grand Master Mitose front row, centre. Instructor William Chow, top row, far left.



DEMONSTRATING A COUNTER ATTACK against four persons is Professor James M. Mitose. Left to right, the "attackers" are Simeon M. Eli, blue belt holder; Instructor William K. S. Chow, Harry Pang, blue belt holder; and Instructor Thomas S. H. Young. These men and the Self Defense club will give an exhibition on Molokai Friday at the Maunaloa arena and Saturday at the Kaunakaki community center. There will also be a dance Saturday. The exhibitions are under the sponsorship of the Molokai District Latter Day Saints.—Hihiolani photo.

An early demonstration by Honorable Great Grand Master James Mitose of one use of Kosho-Shorei energy collection. Energy is released through the skin to "shock" multiple attackers. This forces them to release their grips long enough to permit Mr. Mitose to escape using Kosho-Shorei escape patterns. It is almost impossible to escape from multiple attackers in the above situation using conventional physical contact methods of Self-Defense. This is because the "victim" is restrained from both front and rear,

both hands are restrained, and “**victim**” is too close to “**attackers**” to kick effectively.

RULES AND REGULATIONS

Anyone wishing to be a disciple or Student of the Kosho-Shorei Temple of Peace, True Self-Defense and Kosho-Shorei Yoga School must follow certain rules and regulations.

1. Believe in your own religion as long as you believe in God. In Kosho-Shorei True Self-Defense, we do not interfere in a person’s belief.
2. Live in peace and harmony in your community and society.
3. Always help the church or school in welfare programs and anyone who needs help.
4. Learn to love and understand all that you do. Always love everyone as you love yourself.
5. Respect the law and do not break it for any reason.
6. Always respect your Mother and your Father; also respect all elderly people, and address them as Honorable Mother, Honorable Father, Honorable Lady of Honorable Gentleman.
7. All Honorable Teachers must not love their Disciples and All Honorable Teachers must not love their Disciples and Students, but should also respect them. They should address them as Honorable Lady or Honorable Gentleman.
EXAMPLE: Honorable Lady Smith.
8. All Disciples and Students should always address their Honorable Teachers by their titles; Honorable Great Grand Master, Honorable Grand Master, Honorable Head Master, Honorable Master, and Honorable Teacher.
EXAMPLE: Honorable Great Grand Master Mitose, Honorable Grand Master Kosho, Honorable Head Master Washington.

DEDICATION

THIS BOOK IS ABOUT KOSHO-SHOREI TRUE SELF-DEFENSE. IT IS DEDICATED TO THE PEACE, HEALTH AND SAFETY OF ALL MANKIND. TRUE SELF-DEFENSE IS A LONG AND HEALTHY LIFE. IT SEEKS TO HELP THOSE WHO WISH TO DO BETTER.

THIS BOOK IS DEDICATED TO LAW ENFORCEMENT OFFICERS WHO WORK AND SOMETIMES, GIVE THEIR LIVES TO PREVENT CRIME. TO DOCTORS, WHO WORK TO PREVENT AND CURE ILLNESS, TO MINISTERS, WHO WORK TO CREATE PEACE, AND TO ALL WHO SEAK PEACE.



Honourable Great Grand Master James Mitose standing
Next to Grand Master Thomas B. Mitose (**Current Great Grand Master**)

I want to thank my son, the Honorable Grand Master, Thomas Barro Mitose, for the support he has given me during the past year. May God bless all you forever.

SPECIAL DEDICATION

**TO THE LATE HONORABLE PRESIDENT
AND FIVE-STAR GENERAL
DWIGHT D. EISENHOWER**



The above picture, from left to right: Honorable General Dwight d. Eisenhower and Honorable Great Grand Master James M. Mitose.

Honorable General Eisenhower's hand on his heart as a sign of respect for Honorable James M. Mitose, the Honorable Great Grand Master and Head of all Kosho-Shorei Ministries.



The above picture, from left to right, are: Honorable General Dwight D. Eisenhower, Honorable Alvin. Mitose (son of Honorable Great Grand Master), and Honorable Great Grand Master, James M. Mitose.

Honourable General Eisenhower was the Honorary President of the American and Japanese Goodwill and Friendship Society. The author, Honorable Great Grand Master James M. Mitose, is Head of all Kosho-Shorei Ministers and is the founder and President of the American and Japanese Goodwill and Friendship Society.

SPECIAL DEDICATION

To the late President of the United States and Five-Star General, Honorable Dwight d. Eisenhower, Crusader to Europe and Supreme Allied Commander of World War Two.

I presented my first book to the Honorable Dwight D. Eisenhower and Vice President, Honorable Richard Nixon, presenting each of them with a copy of the book, and they were highly appreciative and understood my philosophy.

The main reason and purpose for my first book was to avoid another Pearl Harbor, Hiroshima, and Nagasaki (Atomic Bomb), and for world peace and the happiness of mankind.

In an introduction of the Japanese Former Prime Minister, who was also a good friend of the General, I asked the General some questions about war, world peace, and if he believed in God. His answers were that he did not like war because it costs the lives of millions of people. And now that it (WW2) was over, he hoped there would be world peace to mankind forever. He also stated that he believed in God.

I inquired of his thoughts on the dropping of the Atom Bomb on Hiroshima and Nagasaki, in Japan. He stated that the American people wanted a quick end to the war, and although many died in the dropping of the bomb, millions of Japanese and American lives were saved. His only regret was that many civilians, women and children, were killed. He said that in the future he did not believe in having nuclear war on this earth. He highly praised the 4-4-2nd regiment of American born Japanese, which fought under his command during the war. He said they were the most decorated regiment in American army history, and that they gave their lives for Freedom, Democracy and World Peace.

When I, (the author) heard of this, I was most respectful and thought him to be the greatest man on this earth. He fought for world peace and against the dictatorship of Adolf Hitler. If Hitler had won the war, there would be no freedom for anyone now.

I asked him about the future relations of America and Japan. At that time, I was the Founder and President of the Japanese- American and International Good-Will Friendship Society. He expressed his hopes that Japan would stay on the side of America, and not become another Communist country. I agreed, and asked him to accept the position of Honorary President of the

Japanese- American and International Good-Will Friendship Society. He accepted and was made Honorary president of the Organization.

The members of this organization were: the Emperor's Aunt and daughter, Former Prime Minister, Minister of France, Minister of Foreign Affairs, Ambassador to Russia, Senators, House of Representatives members, Governors, Mayors, Army Surgeon-General, Emperor's family doctor, University Presidents, many Abbot Arch-Bishops, and many business people in Japan. Our influences or connections were about ten million people in Japan and America.

The purpose for forming this organization was to fight against Communism. I almost lost my life to Communist Leftists when they attacked me and thought I was an American spy. I was attacked, especially by University students while in Japan.

When General Eisenhower had his heart attack, I wanted to save the world's greatest man (I thought the world really needed him for world peace), so I visited the Holy land and asked many Archbishops and spiritual men to pray for the ailing General Eisenhower, for his complete recovery from his heart trouble.

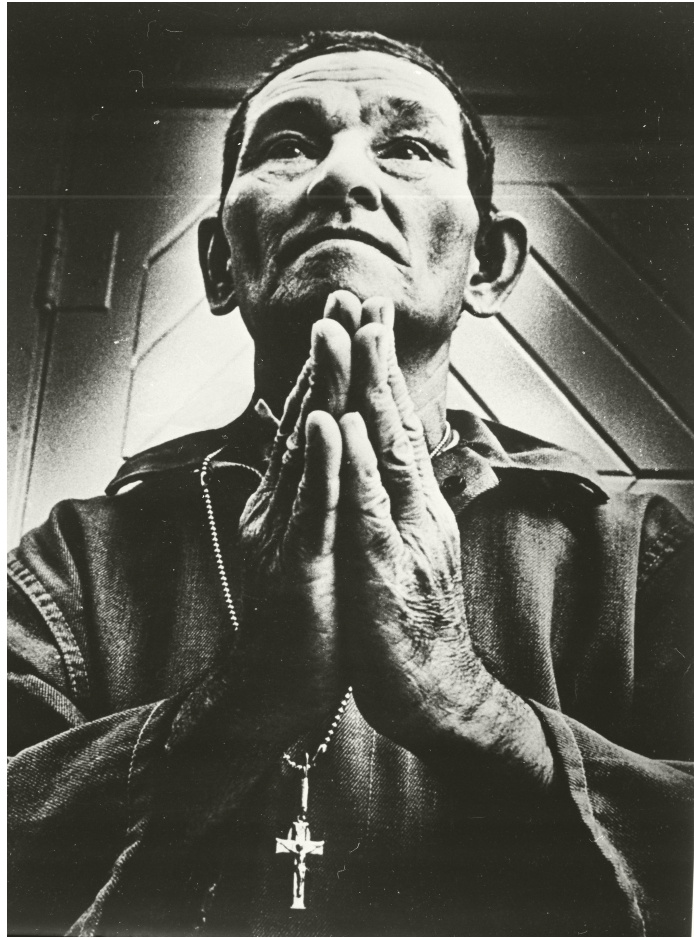
Now, the Honourable and great General Eisenhower is dead, but what he said to me will never die. I shall continue to carry his message to the Japanese people and to the people of the world until I die.

When General Eisenhower accepted the position of Honorary President of our organization, I asked if he would pose for a photograph while holding the flags of Japan and America, to which he readily agreed. I believe this to be the only photograph of a president and Five-Star General holding both the Japanese and American flags.



Great Grand Master Mitose holding American and Japanese Flags with General Eisenhower, along with Honourable Alvin M. Mitose (shown to the right of General Eisenhower)

This great man used up his energies, both mentally and physically, as the Supreme Allied Commander of World War Two and President of the United States of America. He lost his health to heart trouble for America and world peace. Now, I pray for him and may he rest in peace in Heaven. God bless his family and may they be happy and healthy.



Honourable Great Grand Master Mitose praying to God for peace. Note the aura around the face, neck, and shoulders. The author wishes all students to note that this aura may be generated by anyone who meditates regularly and practices energy collection (Sacramento Union Newspaper photo)

WHAT IS AN AURA?

According to the Dictionary, an aura is something supposed to come from a person or thing and which surrounds him or the atmosphere.

Example: An aura or holiness enveloped a Saint.

WHAT IS A SAINT?

According to the Dictionary, a **Saint** is a very holy person, one who is pure in heart and upright in life.

THE AUTHOR DOES NOT BELIEVE HE IS A SAINT. PLEASE NOTE THAT MASTERS OF THE INTERNAL MARTIAL ARTS SYSTEM WHO PRACTICE MEDITATION AND ENERGY COLLECTION REGULARLY ARE CAPABLE OF GENERATING AURAS.

AUTHOR'S NOTE

Students who learn the Kosho-Shorei Temple of Peace, True Self-Defense and Kosho-Shorei Yoga Arts cannot teach these arts or use the Coat of Arms for any other reason unless they have special permission from the Honorable Great Grand Master or the Honorable Grand Master. After obtaining authorization from the Honorable Great Grand Master or the Honorable Grand Master, if this person shows disloyalty, misusing the Arts or Coat of Arms of the Head Temple and School, they will lose their authority to teach the above stated arts.

ATTENTION

Why do we use this title Honorable? In the Kosho-Shorei Temple and School, we use the title of Honorable because we are all God's creations, so we must respect each other. Without respect, there is no true happiness.

These rules do not only apply in the Temple and School, but also in public. Anyone wishing to learn the Kosho-Shorei Temple of Peace, True Self-Defense and Kosho-Shorei Yoga Arts, should get a physical examination before doing the exercises. Your doctor should check your heart, blood pressure, and any other problem area to assure that you can do these exercises without hurting your body in any way. **Please follow your doctor's orders.**

ATTENTION

We of the Kosho-Shorei Temple of Peace, True Self-Defense and Kosho-Shorei Yoga School make these rules because there are some people who practice an Art for a short period of time and then claim that they are experts.

When enrolling into a Kosho-Shorei Temple of Peace, True Self-Defense and Kosho-Shorei Yoga School, please ask to see the Teacher's authorization papers. This practice will avoid all disharmonies. Only the Grand Master's family knows the secret arts with no body contact. They always win, both mentally and physically, because God always helps the Temple of Peace and True Self-Defense School. Thank You!

AUTHOR'S NOTE

Readers of this book. Please do not confuse this Text Book *Number 1*, "What is True Self-Defense?". The Kosho-Shorei Temple of Peace and True Self-Defense School, with my first book of war times, "What is Self-Defense?"

My book, "What is Self-Defense?" was written during the Second World War. At that time, I was influenced by Colonel Clarke and my students who requested that I teach body contact arts. They stated that we Americans could not win in war if we did not teach body contact arts. So, with great reluctance I yielded to their wishes and I taught the body contact arts. (It was really against my wishes to teach body contact.) Now the war is over and everyone wants peace.

Nobody wants another war, so now Kosho-Shorei True Self-Defense is welcomed everywhere because we only teach peace.

In our Kosho-Shorei Temple of Peace, True Self-Defense and Kosho-Shorei Yoga School, we have no body contact. This is the only True Self-Defense in the world. So, please, forget about wartime book, and remember to study hard all that is written in this book.

There are some people who claim to know everything there is to know about Self-Defense. They are wrong unless they come from the bloodline of a Grand Master. Only blood descendants know one hundred percent of an art. Outsiders know only thirty percent. The reason for this practice is that in China and Japan, when a Grand Master taught all, some students would make trouble for him. This presented a problem, which at times was hard to control. So, from that time on, outsiders were only taught about thirty percent of an art.

Now, I will build and open a Kosho-Shorei temple of Peace and True Self-Defense School Headquarters here in the United States.

Remember, that to be a Grand Master, you must be born to a Grand Master or be bloodline descendant. Anyone saying that he is a Grand Master, and who is not one of the blood line, is not speaking the truth

AUTHOR'S NOTE

KOSHO-SHOREI RANKING SYSTEM

The ranking and color system of the Kosho-Shorei Temple of Peace, True Self-Defense and Kosho-Shorei Yoga School.

All Kosho-Shorei Temple of Peace, True Self-Defense and Kosho-Shorei Yoga School uniforms will have the Kosho-Shorei emblem on the center of the back.

Our ranking system, from top to bottom is:

1. Honorable Great Grand Master wears a yellow uniform.
2. Honorable Grand Master wears a purple uniform.
3. Honorable Head Master wears a red uniform.
4. Honorable Master(s) wear orange uniforms.
5. Honorable Teachers wear black uniforms
6. Honorable Assistant Teachers wear blue uniforms.
7. Honorable Disciples wear brown uniforms.
8. Honorable Students will wear white uniforms.

Honorable Disciples and Honorable Students will wear their rank on the upper left arm. The number of yellow stripes will show their rank. One stripe means "Beginner"; two stripes means semi-advanced, and three stripes means advanced.

The Honorable Great Grand Master and his Honorable Grand Master are the only ones who have the authority to appoint the Honorable Head Master, Honorable Master, and Honorable Teachers. Honorable Masters, and Honourable Teachers should be recommended by the Honorable Head Master. If the Honorable Great Grand Master is unable to perform his duties, the Honorable Head Master has the authority to perform the duties of the Honorable Great Grand Master. The Honorable Teacher of the school and Temple has the authority to appoint the Assistant Teacher, (from one of this disciples). He will also give and present the rank stripes to the Disciples and Students of his Temple or school.

AUTHOR'S NOTE

To prove my love, for each and every one of you, I propose to teach love, peace and forgiveness- just as Jesus did. For, Jesus died on the cross for our sins and the Bible tells us so.

FOR GOD LOVED THE WORLD THAT HE GAVE
HIS ONLY BEGOTTEN SON, THAT WHOSEVER
BELIEVETH IN HIM SHOULD NOT PERISH, BUT
HAVE EVERLASTING LIFE.
(St. John, Chapter 3, Verse 16)

The author's reasons for publishing this book are for world peace, happiness and mankind, and especially, to prevent crime. Everyone desiring peace and happiness must believe in God, obey and respect the laws of their country. To oppose the law means to help crime and those who commit crimes. This in turn leads to a flood of criminals and even the possibility of another world war. I hope to prevent crimes and evils of mankind and to bring about social peace to our various societies.

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ATTENTION

**THE MOTTO OF THE KOSHO-SHOREI TEMPLE OF PEACE,
TRUE SELF-DEFENSE AND
KOSHO-SHOREI YOGA SCHOOL**

MOTTO

(Please believe in God, respect the law, especially do not use any violence or break the law for any reason and cooperate with all law officers. Live in peace and be happy. Thank You!)

**THE HONORABLE GREAT GRAND MASTER JAMES M. MITOSE
THE HONORABLE GREAT GRAND MASTER AND HEAD OF
ALL KOSHO-SHOREI TEMPLES OF PEACE, TRUE SELF-
DEFENSE, TRUE AND PURE KARATE AND KENPO, AND
KOSHO-SHOREI YOGA SCHOOLS.**

A SHORT HISTORY OF KENPO KARATE

TTrue Self-Defense was founded by Buddha in India. The Dharma or Daruma, which means the 28th patriarch of Buddhism, left India and went to China. There he trained Monks at the Shoalin Temple. Later, war ravaged China and Genghis Khan menaced the area containing the Shoalin Temple. To avoid all disharmonies, the High Priest of Buddhism migrated to Japan. Once there, he taught the people about Buddha. (For the History of Kosho-Shorei, turn to Chapter Two).

Buddha's purpose was to teach people to believe in God and to respect the law. He also taught mankind how to live a long, happy, and healthy life in peace. Buddha taught us about love and peace, just like Jesus did.

Naturally, Buddha did not teach people how to punch, kick, injure or kill another human being. The Chinese and Japanese warriors took Buddha's art and misused it. They turned his art into a weapon and called it the martial Arts, (Kenpo Karate).

In Kosho-Shorei True Self-Defense, we do not use or teach the Martial Arts. We use a different kind of art. Our art teaches people how to live a long, happy and healthy life in peace. This art is taught through exercises that develop the physical and spiritual being.

SELF DEFENSE AND TRUE SELF DEFENSE

What is the difference between True Self-Defense and Self-Defense? Many confused people think they are identical, but there is a big difference. In True Self-Defense, there is **no** body contact or violence (Do not touch the opponent's body in any way).

In Self-Defense, most people think they have to injure or kill the person who is harming them or their property because they think the law is on their side. If you should happen to get into an argument, which leads to a fight-remember, we have no right to injure or kill our enemies. The people of Kosho-Shorei do not believe in violence, or in harming or killing anyone.

Jesus, (THE SON OF GOD) believed and taught that we should love our enemies. Buddha did not believe in violence or wars and taught that we should not injure or kill anything. He taught us not to kill animals and eat them. Kosho-Shorei and Buddhist believers did not eat meat until the white man came to Japan. The white man taught the Japanese people how to cook and eat meat. Buddha also taught us to live in peace and harmony.

Remember, we are all God's creations and have no right to harm or kill anyone. If you have trouble with anyone, please call the police and ask for their assistance (Do not take the law into your own hands).

If you want to learn Kosho-Shorei True Self-Defense, you must respect both God and man-made laws.

What is law? Law is divine commandments of God. The dictionary defines 'law' as, "A system of courts in which such rules are referred to in defending one's rights, securing justice, etc". So, do not break the law for any reason, but always respect it. Be a law-abiding citizen of our society.

I, the Author, wish you to read this book very carefully from the beginning to the end, until you understand the true meaning of True Self-Defense.

Motto:(Please believe in God, respect the law, especially do not use any violence or break the law for any reason and cooperate with all law officers. Live in peace and be happy. Thank You!)