

## **A Comparative Analysis of the Teachings of Bodhidharma and Butthan: A Brief Overview of Philosophies, Origins and Significance**

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### **Abstract**

*This article explores the ancient and intangible development of psychophysical transformative practices, tracing their progress from the teachings of Bodhidharma, who is also credited with founding Zen and the systematic form of self-defense. He is credited with introducing contemplative and physical training to the famous Shaolin monks, linking it to the contemporary discipline of Butthan, a martial art and combat sport with distinctive approaches to personal development. Bodhidharma's teachings and philosophy in balanced physical and mental training are reflected in the evolution of Butthan's unique approaches to transformative psychophysical systems in the modern world. Through qualitative analysis, where researcher has introduced a narrative approach to examine the flow, adaptation, and revolutions within these performances that aim to harmonize mind and body for greater well-being, resilience, and holistic growth. The article also highlights the metaphysical reinforcements, cultural contexts, and applications of these practices in present-day life.*

**Keywords:** Bodhidharma, Butthan, Martial Arts, Meditation, Psycho-physical transformation, Personal development, Philosophy.

### **Introduction**

According to ancient history, Southeast Asia is the origin of systematic forms of martial arts. Over time, the practice of "self-defense techniques" surpassed the borders of the South Asian region, gaining acceptance and enhancement at the Shaolin Temple, Hunan province, China. Although this art spread across the world, the South Asian region gradually lost its martial arts heritage. The word 'Butthan' is derived from Sanskrit, now integrated into Bengali, meaning 'rising up with distinction,' 'awakening with clarity,' or 'to emerge with renewed vigour and uplifting one's physical, mental, emotional, and spiritual domain. It is often referred to as the noble art of stopping a fight and mastering empowerment." While the practice of martial arts started as a means of physical protection or self-defense system, it evolved to encompass a holistic approach that integrates mind, body, and spirit. In modern times, Butthan carries forward this legacy, adapting ancient techniques with contemporary philosophies to create a transformative system that not only focuses on self-defense or combat sports but also on personal growth, resilience, and well-being. Butthan is a combat sport officially recognized by the Ministry of Youth and Sports, Bangladesh, and is currently practiced in many countries worldwide, under the guidance of the International Butthan Federation, which is built upon four pillars: sports, self-purification, well-being (personal and social, and self-defense.

Butthan aims to transform the human body through a balance of physical, mental, emotional, and spiritual spheres. It is a combination of psychophysical practices ingrained in primeval traditions, improved with the knowledge of modern psychology and scientific principles.

Indeed, the ancient Indus Valley Civilization made significant contributions to human welfare by introducing disciplines like yoga, chess, astronomy, and martial arts. Archaeological discoveries in Mohenjo-Daro (Vajramunee, 2001) reveal some of the oldest examples of psychophysical training. Archaeologically, the Indian subcontinent is documented as the structure of a systematic psychophysical development system. This wisdom was carried by Bodhidharma and later thrived in the Shaolin Temple in China. Over thousands of years, the heritage of sub-continental martial arts gradually was lost in the process.

Bodhidharma, the great sage, was born as 'JAYVARMAN' in 470 AD into a royal family. He was the third prince of King Sugandha of the Pallava dynasty, Kanchipuram, India. Bodhidharma is regarded as the developer of organized self-defense methods. Before traveling to China, as a prince, he had the opportunity to be trained in various forms of psychophysical training. In 520 AD, following his mentor Prajnatarā's death wish, Bodhidharma travelled to China to spread the Dharma as the 28th patriarch of Mahayana Buddhism (Sarkar, 2020)

He ultimately reached the Shaolin Temple in Henan Province, where he initiated the enriched psychophysical training for the monks. Over time, an organized form of martial arts progressed, integrating techniques for limb coordination, breathing, and meditation. As the founder of Shaolin kung fu which became well known based on the 17th century Yijin Jing and the Daoist association of Daoyin gymnastics with Bodhidharma. His practice centered on meditation and teachings depicted his association with the famous LANKAVATARA SUTRA, (Porter, 1987) emphasizing the sutra's teachings on "**Mind-Only**" (**Cittamatra**) and direct insight into the nature of the mind, which are central to Zen practices. In the foreword of *Two Entrances and Four Practices*, and the *Further Biographies of Eminent Monks*, both Tanlin and Daoxuan mentioned Bodhidharma's "wall-gazing" meditation technique. It should be mentioned here that the main four teachings of Bodhidharma relating to ZEN are (1) Seeing one's true nature (2) Emptiness (3) Mindfulness (5) Dayana or Meditation, (Guo Gu, 2017).

Vajramunee (2001) The restoration of the lost heritage of Martial arts can absolutely generate new inspiration to endless lives reconnecting the legacy. Butthan is enriched in a combination of ancient subcontinental, Burmese, and Chinese paths of self-defense and meditation along with knowledge of trigonometry, physiology, neurophysiology psychology, anatomy, and traditional healing practices like Siddha medicine and Varma Kalai. Butthan highlights achieving concord in four dimensions of life: body, mind, emotion, and energy. The practice incorporates powerful techniques, such as Body Armour or 'DEHO BARMO' (Vajramunee, 2001), which means Body Armour practice that focuses on toughening drills or conditioning body parts to be able to endure attacks. Shinbone conditioning for devastating low kicks is prioritized in Butthan training also. Breaking hard substances as a test of mental and physical power is a crucial aspect of Butthan martial arts. This practice helps students overcome mental blockades, worries, and physical disinterest, nurturing personal growth. Butthan

practitioners also use Vajrapran Meditation in addition to the Vajrapran static postures called “Dharan” and dynamic exercises for inner peace, better performance, and emotional control. The practices of Butthan are now legitimately known in various countries, including Bangladesh, and linger to gain acceptance regardless of race, religion, or ethnicity. Instead of conformist competition, Butthan introduces “co-competition,” (Vajramunee, 2001) a groundbreaking system in the World rooted in principles of nobility, compassion, mental conditioning, and collective personal development. (Vajramunee, 2001)

Butthan arranges mindfulness training and harmonized well-developed activity steered by cognizant mental commands, ensuring supreme efficiency in smearing strength. The practice endorses physical, mental, emotive, and energy balance, highlighting self-discipline, practical reshuffle of personal traits, and reaching optimal results through cognizant mental advices. To ensure equality in competitions termed ‘Co-competition’ in Butthan integrates a psychological assessment system known as “Jhalak Khela” (Vajramunee, 2001) as a primary part of the competitive sports form. At the end of the competition both the participants engage in a phase called “Arpan,” (Vajramunee, 2001) where they have to analyze and share each other’s strengths and weaknesses in skills, knowledge, and practices, fostering society and discouraging intimidating behavior.

By practicing Butthan, people experience shared unequalled personal progress (Vajramunee, 2001). It meaningfully enhances personal and professional life while promoting positive behavior. The philosophy of Butthan influences its practitioners in key areas like knowledge, wisdom, practice, and renunciation. Beyond physical techniques. Butthan emphasizes philosophical, ethical, and contemplative practices for complete personal development and opening new horizons in the sports arena. Butthan also helps practitioners resist and eliminate harmful habits such as drug use and smoking, encouraging the pursuit of a peaceful, fulfilling life with vigour, making it an example of hope for entities worldwide (Vajramunee, 2001).

## **Objectives**

The objective of this article is to conduct a comparative analysis of the teachings of Bodhidharma and Butthan examining their philosophical view, historical origins, and cultural contexts. This study aims to highlight the similarities and differences in their approaches to Martial arts systems, training methods, mindfulness, and holistic well-being while exploring their evolution and significance in contemporary contexts of personal transformation and social empowerment.

## **Literature Review**

The progress of psychophysical transformative practices has been a subject of interest transversely disciplines such as history, psychology, martial arts, and philosophy. This section produces standing literature on the origins, adaptations, and contemporary applications of these practices, with an effort on the influence of Bodhidharma’s teachings and the development of Butthan.

Many ancient accounts, including those documented in Dumoulin's *Zen Buddhism: A History* (2005), recognize Bodhidharma for imparting active physical training and contemplative practices to Shaolin monks. These practices, often connected with the "Eighteen Arhat Hands" and breathing practices, are designed to enhance monks' physical durability and concentration. Scholars like Shahar (2008) in *The Shaolin Monastery: History, Religion, and the Martial Arts* underline how Bodhidharma's combination of yogic principles and martial arts laid the groundwork for an exceptional system of psychophysical training.

Including Chinese literature and various historical documents, it is found that sage Bodhidharma left three key texts: (1) *Yi Jin Jing*, a set of exercises designed to enhance muscle and bone function, blood circulation, and joint flexibility; (2) *I Chin Ching*, also known as the 'Muscle or Tendon Change Classic,' a manual for transforming the physical and mental state through designated exercises; and (3) *Xisui Jing*, a method for cleansing the marrow, which is believed to have been passed down to Bodhidharma's disciple but has not survived to the present time.

Besides, some scholars have claimed that this text was not written directly by Bodhidharma but was written based on his inspiration or based on his concept. On the other hand, Siddhacharya Yuree Vajramunee stated that from the History chapter of *Butthan Sohayika, 2001* it is found that *Yi jin jing and I Chin Ching* were obviously the direct teachings of Bodhidharma though that text might have come in compiled, in written form in the later stage. Interestingly many other authors like Kund Eric Anderson (1999) and Yogini Abhaya Devi (2017) also expressed their agreement with Vajramunee's perspective. In addition to his statement Vajramunee also mentioned his conversation (2006) with the famous author, Grand Master Shi-De-Qian, also known as the Shaolin mentor, the 31st head monk of Shaolin temple who wrote the "Shaolin Encyclopaedia" and other sixty-seven manuals on Chinese Martial arts and weapon systems. On this occasion, the Shaolin head confirmed the authenticity of Bodhidharma's texts to Vajramunee as well. It should be also mentioned here that the author of the Shaolin encyclopedia, handed over 18 Lohan hands of Bodhidharma books to Vajramunee as well during that interaction. The unique occasion that created a scope to personally discuss and confirm the Bodhidharma's role in Shaolin and the evolution of Martial arts from such a luminary head monk remains as conclusive evidence stated by Vajramunee.

Bodhidharma's approach has been interpreted as a predecessor to martial and contemplative traditions. As discovered by Deshpande (2013), his teachings combined spiritual philosophy with physical discipline, forming a prototype for mind-body harmony that has predisposed practices far beyond Shaolin. The interconnection of intellectual and physical element is a frequent theme in psychophysical transformative practices. Hanh (1999), in *The Heart of Buddha's Teaching*, discusses how mindfulness and physical exercises synergistically to encourage expressive resilience and simplicity. This idea aligns with Bodhidharma's teachings and serves as an abstract bridge to modern disciplines like Butthan.

Over eras, the practices introduced by Bodhidharma have evolved to fit various cultural and societal situations. These variations often united indigenous societies, as evinced by the evolution of Chinese qigong, Japanese Zen practices, and Korean Sunmudo. The skill of these

practices to integrate new elements while recalling their core principles reveals their usefulness and permanent demand (Dumoulin, 2005).

Butthan, represents a modern evolution of psychophysical practices. Sketch on ancient civilizations, Butthan embraced reflective exercises, martial arts, and philosophical teachings. Vajramunee (2001), in *Butthan Sahayika*, emphasizes the Butthan's psychophysical training, and upliftment regimes in combination with breathing exercises.

UNESCO-ICM highlighted Butthan reflecting the value of heritage carried deep down. As discovered in worldwide forums, the system's emphasis on moral living, mindfulness, and communal well-being resonates with universal ethics, making it accessible across belief systems.

### **Methodology**

This research is mainly designed as qualitative research, where both primary and secondary sources were used for data collection. Both close-ended and open-ended questionnaires were used to generate data and interview and observation methods were also used to generate data. The total sample size for this research is considered as 150 and both random and stratified sampling methods were used. In addition to this researcher has also applied FGD to generate ideas and thoughts. The research is designed to use a narrative approach which focuses on understanding and interpreting the stories and experiences. Some interviews or personal accounts were also used for analysing the data received. A narrative approach is a common type of approach in qualitative research like this one. The narrative approach is also befitting in investigating the practical issues or social life factors.

Clandinin and Connelly (2000) recommended in their studies that there are two types of strategies for clarifying data in narrative approaches Firstly, to identify the exact research question and second is analyze the participants' responses under thematic design which will enhance the fruitfulness of the research outcomes.

### **Comparison between Butthan Teaching and Bodhidharma**

#### ***Butthan***

Butthan is a combat sport and martial art emphasizing personal development that integrates physical strength, mental firmness, discipline, and moral ethics reflecting ancient heritage. Its fundamental viewpoint and practice go beyond self-defense, bestowing a way of life aimed at achieving holistic physical, mental, and social well-being. The founder of this discipline, Siddhacharya Mak Yuree Vajramunee, not only conveyed skills for self-defense but also guided people to enhance their mental strength, purification, inner peace, and self-confidence. Butthan characterizes the 'Co-competition' system to depict the non-aggressive, cooperation-based path of empowerment. This sports system is based on cooperation, empathy, personal development, and positive motivation. Butthan emphasizes mindfulness training and conscious use of the mind to trigger or activate the physical movement, which in reality maximizes the efficiency and delivery of power which is known as "Mon-Chala," (driving mind technique).

The term Butthan actually originates from the Sanskrit word Vyutthan, rather than directly from Utthana. It is a compound term meaning “Specialized Utthana” or the act of rising or awakening in a distinct way. It is a distinguishing and holistic process that raises energy, mental serenity, physical well-being, emotional balance, and peace.

### ***The Four Pillars of Butthan***

The viewpoint of Butthan is constructed upon four indispensable pillars, which are vital for holistic living and self-development. These four columns are:

**Sports.** Butthan encourages physical strength, durability, and self-assurance through sports. It aids in physical capability, mental suppleness, and discipline. Sports in Butthan are not limited to physical dexterity but also temporary social interaction and harmony.

Butthan has announced an advanced and ground-breaking concept in sports called the co-competition System. Unlike traditional competitions, which emphasize victory for one and defeat for another, this system believes in mutual growth and teamwork. Co-competition reassures empathy, reverence, and support among participants, helping everyone to improve mutually. Here, competition is not just physical but also promotes rational, honest, and social growth.

**Self-purification.** Butthan accentuates self-purification, which involves accomplishing physical and intellectual transparency. It emphasizes self-awareness, a pledge to moral living, and simplicity of mind. Through personal growth, morality, and honesty, individuals can achieve a disinfected life.

**Well-being, Personal and Societal.** Butthan is not only focused on special development but also highlights the reputation of societal well-being and human affairs. It raises humanity, kindness, and unity through private and social well-being, creating a sense of harmony and congruence among people.

**Self-defense.** Self-defense techniques in Butthan are indispensable for confirming personal safety. Beyond physical approaches, it communicates mental solidity, quick decision-making, and continuing calm in critical situations from a realistic point of view. Self-defense in Butthan is not simply about physical strength; it also develops intellectual power, self-confidence, and courage.

### ***Bodhidharma***

Emperor Wu of the Liang dynasty, a great Buddhist admirer, was waiting to receive and talk to Bodhidharma upon his arrival in China. However, there were several divergences between their viewpoints. This meeting is also encompassed in the *Blue Cliff Record*, a compilation of Buddhist koans compiled in 1125. The Emperor was not pleased with the outcome of the conversation, so Bodhidharma departed the area and eventually arrived at the renowned Shaolin Temple in Henan Province, China.

Shaolin is regarded as the most iconic and prestigious organization in the martial arts world. According to historical records, it was founded in 495 AD. It's also noteworthy that another Indian monk named “Batuo,” also known as Buddhahadra, actually constructed the

Shaolin Temple. At first, Bodhidharma instructed the monks there in physical training rather than just sitting and meditating, but the monks initially paid little heed. After a challenging process, the monks realized the truth of his teaching and later lined up in front of Bodhidharma's cave, where he meditated.

The monks practiced the first 18 physical exercises that Bodhidharma created—which eventually evolved into the formal Shaolin training system, then into the combat form, and finally elevated the monks' physical and mental abilities to an outstanding level. Bodhidharma is today regarded as the founder of modern martial arts.

Bodhidharma, also known as TAMO or Damo in China and Daruma in Japan, promoted the remarkable connection between mental and physical strength as early as the fifth century. Recent scientific studies have shown a strong correlation between mental stability, well-being, focus, and physical fitness. His emphasis on this synergy was revolutionary for his time and has inspired practices that endure to this day.

Bodhidharma's contributions went beyond martial arts. His teacher, Prajnatarā, is regarded as the 27th patriarch of Mahayana Buddhism. Following his encounter with Prajnatarā, Bodhidharma's dedication and wisdom reached a remarkable level, which greatly impressed his teacher. According to Prajnatarā's dying wishes, Bodhidharma journeyed to China by boat in 527 AD. After his historical discussion with Emperor Wu, he arrived at the Shaolin Temple and meditated for nine years in a cave on Wuru Peak. There, he initiated the Chinese Chan tradition, during Tang dynasty as the Chan or Dhyān or Meditation school. The term Chan though in Chinese derived from the Sanskrit word Dhyān or Dhyanā and similarly Son in Korean and Thien in Vietnamese are known but the word ZEN with same meaning in Japanese became very familiar all over the World.

The core teachings of Bodhidharma are found to be consistent across his legacy. The following four core teachings are depicted as follows;

**Direct Pointing to the Mind.** Bodhidharma emphasized that the true path to enlightenment is found by pointing directly to the mind or the true nature of the self. This means that enlightenment is realized within, not through external teachings or rituals.

**Seeing One's True Nature.** A key teaching is the realization of one's inherent Buddha nature. This means recognizing that all beings have the potential for enlightenment, and by seeing one's true nature, one can attain Buddhahood.

**No Dependence on Words or Scriptures.** Bodhidharma taught that the ultimate truth cannot be fully understood through words, texts, or intellectual study alone. The teachings of Buddhism are meant to guide practitioners to direct experience, not to rely solely on written systems or guidelines.

**Meditation (Dhyāna).** Meditation, particularly seated meditation also known as ZAZEN, is used as the central practice for Bodhidharma. Through meditation, practitioners are led to quiet the mind, observe their thoughts, and experience directly their true nature, which ultimately reflects the path of awakening.

These four principles form the foundation of ZEN, which Bodhidharma is credited with introducing to China. They emphasize **self-realization**, **direct experience**, and **meditative practice** as the true means of attaining enlightenment.

The second Zen patriarch was Monk Dazu Huike, also known as Quaco, who famously cut off his left arm and presented it to Bodhidharma as a sign of devotion. This act softened Bodhidharma's strict stance against accepting students, as he believed many lacked true commitments to wisdom. Huike ultimately became Bodhidharma's successor in the Zen tradition, embodying the teachings that led to complete revelation.

According to the famous "Superhuman of the World" (2013, as seen on the Discovery Channel), Siddhacharya Yuree Vajramunee stated that, as part of his training and research, he travelled to Kanchipuram, South India, the birthplace of Bodhidharma, driven by personal interest and curiosity. He discovered the final remnants of the palace (in 1990) of King Shuganda of the Pallava dynasty, where Bodhidharma was born. Additionally, Siddhacharya Yuree Vajramunee also found the only Buddhist temple in Kanchipuram and the existence of the Bodhidharma Foundation, a modest group operating a single Buddhist temple. He engaged in discussions about Bodhidharma there and exchanged views. In fact, Vajramunee returned there a few years later and spoke extensively with the temple custodian.

During his trip to China, Vajramunee also found statues of Sage Bodhidharma inside and outside of the Shaolin temple. While visiting Shaolin temple he saw a towering statue of Bodhidharma on a hill overlooking the Shaolin Temple. The Sage's statue commemorates his special historical contribution to Shaolin arts and Zen there. As always Bodhidharma remained as an image of significant inspiration to Vajramunee, and these tours helped him reveal the true historical roots and distinct teachings originating from ancient India.

Regrettably, Southeast Asia lost much of its martial arts heritage over time. Butthan is now raising the flag of South Asia's lost legacy globally, preserving the traditions of psychophysical training and martial arts. Achieving inner peace, balance, and spirituality is nearly impossible without physical strength and stability, as demonstrated by Butthan, which places equal emphasis on mental and physical training, a similar path shown by sage Bodhidharma.

### **Comparative analysis between Bodhidharma's teachings and Butthan teaching**

#### ***Bodhidharma***

- **Timeframe:** Bodhidharma is believed to have lived during the 5th-6th centuries CE.
- **Region:** Firstly, from South India (Kanchipuram, Tamil Nadu), he traveled to China, where he became an esteemed monk.
- **Philosophy:** He is attributed with announcing Zen Buddhism to China and integrating Indian yogic practices with martial arts to reinforce the physical and spiritual discipline of Shaolin monks.
- **Legacy:** Bodhidharma is the founder of the Shaolin martial arts ritual, merging physical chastisement with spiritual illumination.



### ***Butthan***

- **Timeframe:** Butthan has ancient roots but was arranged and popularized in modern times by Siddhacharya Mak Yuree Vajramunee.
- **Region:** Instigating in the South Asian region, Butthan signifies a reflection of martial art, self-defense, sports, and a holistic life philosophy.
- **Philosophy:** Butthan accentuates personal development, mental resilience, societal well-being, and the development of warrior ethics, in addition to martial art methods.
- **Legacy:** It is familiar worldwide and endorses a unique co-competition system for human empowerment.

### ***Philosophy and Core Teachings of Bodhidharma***

- Focused on the integration of Dhyana (meditation) and martial arts for physical strength and spiritual enlightenment.
- Advocated self-awareness, mindfulness, and the pursuit of enlightenment through meditation and discipline.
- Thought in the concept of intense mental and physical barricades to achieve harmony between the body and mind.

### ***Butthan***

- Aimed at rounded expansion through the four pillars: sports, self-purification, well-being (personal & social), and self-defense.
- Emphasizes self-discipline and resilience training (Sanskrit word Butthan means “to emerge with renewed vigor.”) and societal harmony.
- Presented co-competition, encouraging common esteem and cooperative evolution along the combative competition.
- Highlights self-development not just as a bodily skill but also enhancement of mental, emotional and spiritual domains.

### ***Martial Art Practices of Bodhidharma***

- Developed physical exercises and techniques that laid the foundation for Shaolin Kung Fu.
- These exercises included dynamic movements, inspired by animal forms, and internal practices like Pranayama (breathing techniques) and meditation.
- The martial art form accentuated strength, elasticity, fortitude, and the linking between movement and breath.

### ***Butthan***

Integrates science-based approach in martial arts practices, realistic self-defense, and Mindfulness practices.

- Emphasizes on mind-body management, honest castigation, and practical techniques for body-mind balance in real-world conditions.
- Promotes the combination of physical, mental, and emotive aspects of self-development.
- Comprises sports-based training schemes and races intended for individual and communal growth.

#### ***Approach to Spirituality of Bodhidharma***

- Powerfully rooted in Zen Buddhism, which emphasizes achieving enlightenment through meditation and mindfulness.
- Believed that physical discipline strengthens spiritual practice.
- Advocated for the unity of body and mind as a path to understanding one's true nature.

#### ***Butthan***

- Combines ancient spiritual knowledge with modern practicality.
- Focuses on achieving physical strength, mental clarity, inner peace, and self-purification through self-discipline and moral integrity.
- Seeks to integrate spirituality into daily life, emphasizing its relevance in societal well-being and interpersonal relationships.

#### ***Societal Impact of Bodhidharma***

- Enthused the expansion of Shaolin martial arts, which became a representation of correction and flexibility.
- Laid the underpinning for Zen practices, persuading millions of global aspects.
- Focused on separate clarification, which ramblingly donated to the spiritual and communal growth of humanity.

#### ***Butthan***

- Goals at both discrete and general conversion.
- Encourages social accord and well-being through ethical correction and responsiveness, inspiring individuals to contribute to the better good.
- The co-competition scheme raises solidarity, esteem, and cooperative growth, endorsing peace and consideration in societies.

#### ***Recognition and Legacy of Bodhidharma***

- Admired as the originator of Shaolin martial arts and Zen Buddhism, his teachings have spread universally.
- His story is eminent in social traditions, legends, and martial arts societies around the world.
- Extensively viewed as a mystical icon and martial arts innovator.

**Butthan**

- Universally known, being highlighted by organizations like UNESCO-ICM.
- Dynamic training centers exist universally, encouraging martial arts, self-preservation, and complete living.
- Recognized as a combat sports, under the ministry of youth & sports, Bangladesh as well as in many other countries of the world..
- Well known for its advanced body-mind practices that reflects ancient knowledge with contemporary approaches to ensure worldwide relevance.

**Key Differences**

Aspect	Teachings of Bodhidharma	Butthan Teaching
<b>Main Focus</b>	Spiritual illumination through martial arts and contemplation.	Holistic personal and shared progress through martial arts and life skills.
<b>Martial Art Style</b>	Origin of Shaolin Kung Fu with animal-inspired activities and Zen principles.	Real-world self-protection, sports, and co-competition for cooperative growth.
<b>Holiness</b>	Founded on Zen Buddhism and the quest for enlightenment.	Combines self-purification with practical spirituality for everyday life.
<b>Common Goals</b>	Mental and Physical development. Indirectly impacts society through spiritual teachings.	Cultivation of Physical and Mental strength. Straightly encourages communal harmony, compassion, and shared success.
<b>Acknowledgement</b>	Legendary status in Buddhism and martial arts history.	A contemporary system blending ancient roots with global recognition.

**Conclusion**

Even though the teachings of sage Bodhidharma and Butthan system share some common grounds like body-mind enrichment, self-awareness, meditation, and martial arts, their approaches and goals are not exactly in the same direction. Bodhidharma mainly sought distinct illumination and spiritual harmony, in the light of the foundation of Zen Buddhism, direct insight, and Shaolin martial arts. Butthan, on the other hand, is a contemporary psychophysical development system focused to address both individual growth and shared harmony,

accentuation cooperation, self-purification, and real-world applications of survival techniques and spirituality in daily life. On one hand Butthan brings cultivation of the physical domain to attain resilience and empowerment, and on the other hand, Bodhidharma's teachings are more inclined towards spiritual enlightenment embracing personal insight and Dhyana. The teachings of Bodhidharma and Butthan provide timeless wisdom for cultivating inner peace, self-discipline, and holistic growth, offering valuable lessons in achieving mental clarity, emotional resilience, and physical well-being. In today's fast-paced world, both continue to inspire and lead the practitioner's lives through the moments of challenges worldwide.

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