

道場訓

一 吾々は心身を錬磨し

確固不抜の心技を極めること

一 吾々は武の真髄を極め

機に發し感に敏なること

一 吾々は質実剛健を以て

克己の精神を涵養すること



極真

一 吾々は礼節を重んじ

長上を敬し祖暴の振る舞いを慎むこと

一 吾々は神仏を尊び

謙讓の美德を忘れざること

一 吾々は智性と体力を向上させ

事に臨んで過たざること

一 吾々は生涯の修行を空手の道に通じ

極真の道を全うすること

dojo-kun (dojo oath)

We will train our hearts and bodies for a firm unshaking spirit.

We will pursue the true meaning of the Martial Way, so that in time our senses may be alert.

With true vigor, we will seek to cultivate a spirit of self denial.

We will observe the rules of courtesy, respect our superiors, and refrain from violence.

We will follow our god, and never forget the true virtue of humility

We will look upwards to wisdom and strength, not seeking other desires.

All our lives, through the discipline of karate, we will seek to fulfill the true meaning of the kyokushin way