



GICHIN FUNAKOSHI

道場訓

一、人格完成に努むること  
一、誠の道を守ることに  
一、努力の精神を養う  
こと  
一、禮儀を重んずること  
一、血氣の勇も戒むること

DOJO KUN  
SEEK PERFECTION OF CHARACTER  
BE FAITHFUL  
ENDEAVOR  
RESPECT OTHERS  
REFRAIN FROM VIOLENT BEHAVIOR

## History of Karate

From antiquity man has been faced with the necessity of defending himself. Thus, hand-to-hand combat developed as a mean of physical survival. Its many varieties are the result of the differing cultural settings in which they developed.

Hand-to-hand combat became intimately associated with philosophy and meditation when Buddhism spread from India to China. The Buddhists supported a holistic philosophy of discipline, which led to the development of Kempo, a form of fighting requiring both physical and mental discipline.

In time Kempo spread to neighboring Okinawa. There, the native form of fighting was combined with Kempo to develop Okinawa-te, or Karate. It underwent tremendous development in Okinawa 500 years ago through bitter necessity, when all weapons were taken away from the people, and they were left exposed and vulnerable to the ruling classes.

Karate up to twentieth century had been transmitted as a secret fighting method that could be used in place of weapons. However, in 1922 Gichin Funakoshi, President of the Okinawa Martial Arts Committee, introduced Karate to Japan. It was then analyzed, polished, and changed more into an art than merely a method of fighting. Emphasis was placed upon Karate's spiritual aspects in order to approach the potential of control of one's physical and emotional abilities, self-discipline in one's daily life and self-evaluation. Its ultimate and true meaning is the perfection of one's character through vigorous and serious training.

## Rules of Behavior

The following rules of behavior as well as the Dojo Rules for the students of karate-do are a very serious part of your training and will be strictly adhered to. Any laxity or deviation from these rules will not be condoned in this or any other true dojo of the art of karate. You can expect a violation to be instantly accepted by your instructor as your resignation from further karate training regardless of your grade or experience and no further lessons will ever be taught you in this dojo.

1. Only as a matter of self-defense when the life or limbs of you or another are in danger is the actual use of the natural weapons with the techniques of the art of karate ever justified. Karate students will NEVER use the art aggressively either inside or outside of the dojo. You will have to become the master of your temper. Always remember that one who has learned the principle of karate and still prefers fighting is considered a failure as a student of the art.
2. Karate techniques or procedures will NOT be taught to or practiced with non-students of the art either inside or outside of the dojo without the permission of your instructor.
3. Always use care and caution when practicing with a partner for certain techniques are lethal or can instantly cause serious injury.
4. When practicing in the dojo do not, without sufficient reason, refuse the request of another student to work or practice with him/her. Remember, one who seeks to improve only himself/herself, caring nothing for anyone else, will never really become skilled in karate. But one who seeks to improve another will polish his/her own art, and both owe each other thanks for that.
5. Do not adversely criticize any of the other martial arts for they are all a demonstration of human accomplishment. It has been wisely written, "The mountain does not laugh at the river because it is lowly, nor does the river laugh at the mountain because it cannot move about."
6. Never do anything that will disgrace the art of karate-do.