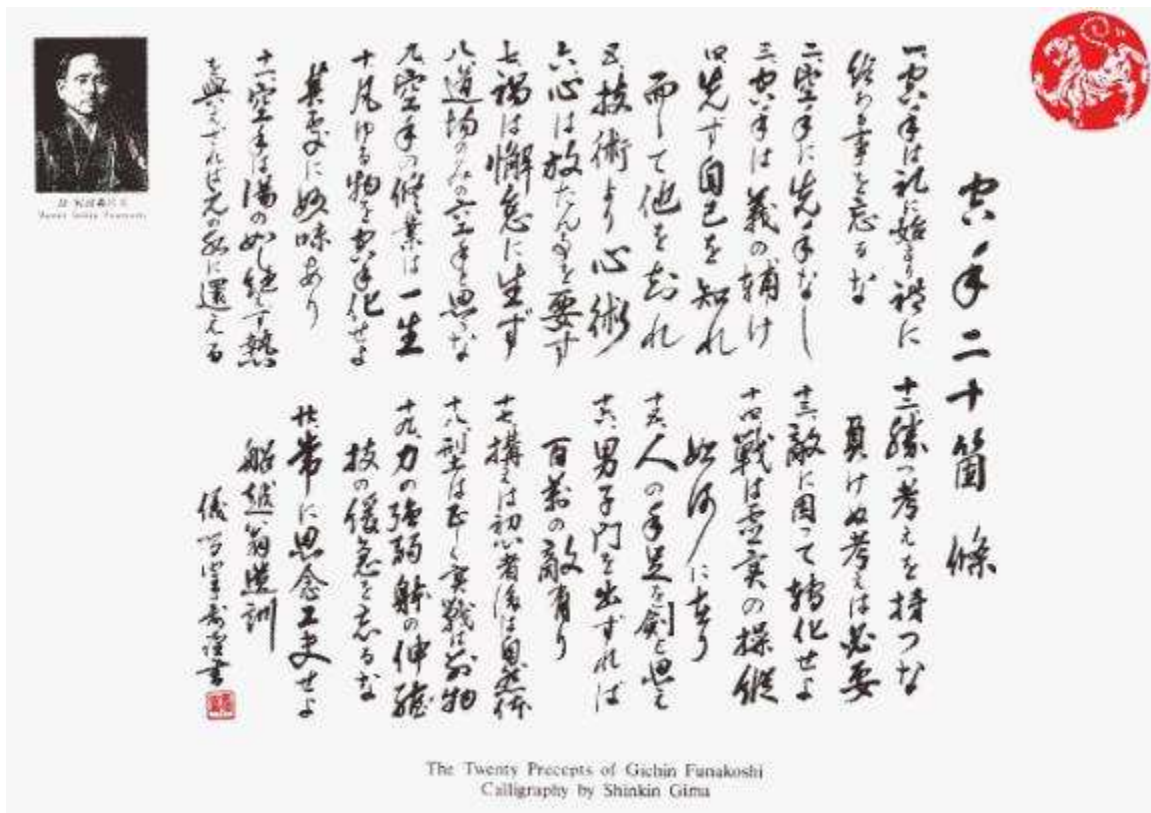


Niju Kun



The 20 precepts of Gichin Funakoshi:

1. Karate begins with courtesy and ends with courtesy
2. There is no first attack in Karate
3. Karate is an aid to justice
4. First control yourself before attempting to control others
5. Spirit first, technique second
6. Always be ready to release your mind
7. Accidents arise from negligence
8. Do not think that karate training is only in the dojo
9. It will take your entire life to learn karate, there is no limit
10. Put your everyday living into karate and you will find "Myo" (subtle secrets)

11. Karate is like boiling water. If you do not heat it constantly, it will cool
12. Do not think that you have to win, think rather that you do not have to lose
13. Victory depends on your ability to distinguish vulnerable points from invulnerable ones
14. The battle is according to how you move guarded and unguarded (move according to your opponent)
15. Think of your hands and feet as swords
16. When you leave home, think that you have numerous opponents waiting for you. It is your behaviour that invites trouble from them
17. Beginners must master low stance and posture, natural body positions are for the advanced
18. Practicing a kata is one thing, engaging in a real fight is another
19. Do not forget to correctly apply: strength and weakness of power, stretching and contraction of the body and slowness and speed of techniques
20. Always think and devise ways to live the precepts every day