



Our Virtues (Dōjō-kun)

Dōjō-kun is a Japanese martial arts term literally meaning “training hall rules”. The Dōjō-kun are a set of guidelines for Karate practitioners, derived from the founders. Traditionally, the Dōjō-kun are generally posted at the entrance to dōjō or at the “front” of the dōjō (shomen) and they outline the behaviour expected and disallowed. At Sabater’s Martial Arts Center, the students and teacher recite these at the beginning and end of each class. These are the ideals that we strive for in our study and practice of Karate.

The Gōjū-Ryū Karate Virtues

(recited at the start & finish of every class):

- ▶ We are proud to study the Spirit of Gōjū-Ryū.
- ▶ We shall practice being courteous.
- ▶ We shall be quick to seize opportunities.
- ▶ We shall always practice patience.
- ▶ We shall always keep the “Fighting Spirit” of Karate.

