



KARATE PHILOSOPHY

七転び八起き

NANA KOROBİ, YA OKI

"Fall down seven times, get up eight times."
(Exemplifying the "Never Give Up" Fighting Spirit of Karate)

空手に先手なし

KARATE NI SENTĒ NASHI

"There is no First Attack in Karate."
*(A true Karate practitioner is not a bully,
never picks fights or throws the first punch)*

法剛柔吞吐

HŌ GŌJŪ DONTO

"The way of inhaling and exhaling
is hardness and softness."
*(The passage from the Bubishi that inspired
Chojun Miyagi to name his style of karate "Gōjū-Ryū.")*