



Tao or *Dao* is a Chinese word signifying the “way”, “path”, “route”, “road” or sometimes more loosely “doctrine”, “principle” or “holistic beliefs”. The Japanese equivalent is *Do* and can be found in the arts such as Karate Do and Judo. Although *Do* is a ‘way of life’ it has often been described in modern times as ‘the art’ where in fact ‘*jitsu* or *jutsu*’ is more suited to this description as a ‘study of...’

In the context of East Asian philosophy and East Asian religions, *Tao* is the natural order of the universe whose character one’s human intuition must discern in order to realize the potential for individual wisdom. This intuitive knowing of “*life*” cannot be grasped as a concept; it is known through actual living experience of one’s everyday being.

Hitotsu, jinkaku kansei ni tsutomeru koto

The first karate dojokun begins with “jinkaku”, it carries the meaning/implications of three different words in the English language. Jinkaku refers to the *personality* and *character* one has, but it also means the *individuality*. It emphasizes the idea of the karateka/budoka as an individual with his or her personality and character furthering the notion that Budo (fighting arts) is indeed for everyone, no matter what kind of personality they hold or of their character. It is also emphasizing the fact that *it is the individual who should work on what the rest of the sentence proposes*.

The next word is “kansei” which as holds the meanings of “*completion*”, “*perfection*” and “*accomplishment*” while the third keyword is “tsutomeru” which has even more meanings. The simplified version of this part of the Dojo-kun is often repeated as “*Seek perfection of character*”.

In English, the word “seek” means to look for, but the Japanese equivalent is in reality “endeavour” – work hard for, “strive” – work hard for against all odds, “make an effort”, “exert oneself” and “be diligent” – keep on trying no matter what, with the same passion. All of these multi-layered meanings are lost in the relatively mild use of “seek”. The Dojo-kun does not tell us to simply “seek” perfection of character, as though we are looking for something which we might or might not find along the way, it tells us to strive, work hard for, sweat, endeavour and try again a million times with the same passion until we achieve perfection and completion of our character.

Hopefully the inspirational quotes in this book will help motivate and also give direction to your own personal path to perfection.

一人格完成に努むること





*A thousand blossoms
greet the sun
'till all is left
is one*

- Mark Grogan

The dragon is portrayed as a creature of wisdom in both asian and european cultures alike - clutched in it's claw is offered a pearl of wisdom.

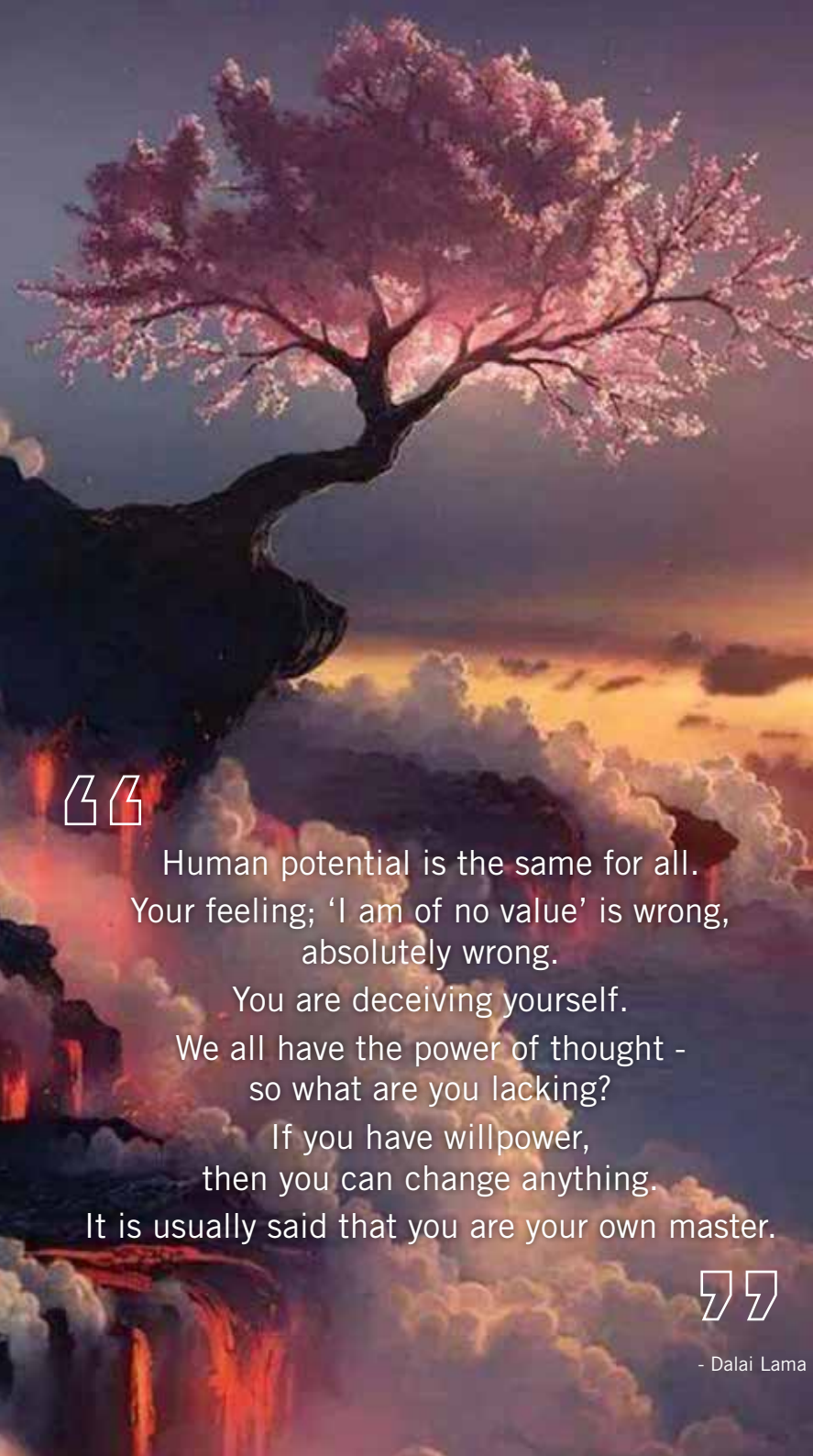
Perhaps you might find some in the pages of this book.



Dedicated to all the martial artists of all the styles.

The teachers,
the philosophers
and most importantly
- the students.





Human potential is the same for all.
Your feeling; 'I am of no value' is wrong,
absolutely wrong.

You are deceiving yourself.

We all have the power of thought -
so what are you lacking?

If you have willpower,
then you can change anything.

It is usually said that you are your own master.



- Dalai Lama

敬
尊
卑
忍
衡
勇
戒
献
率

Respect

Pride

Humility

Perserverence

Balance

Courage

Discipline

Dedication

Leadership

Little by little one walks far

“

Today I will do what others won't.
So **TOMORROW** I can do what others can't.

”

- Jerry Rice

“

Time changes everything -
that's what people say... it's not true.

Doing things changes things.

Not doing things leaves things
exactly as they are.

”

- Dr House

“

The success or failure of your deeds does not
add up to the sum total of your life.

Your spirit cannot be weighed - judge yourself
by the intention of your actions and by the
strength by which you faced the challenges
that stood in your way.

”

- Kung Fu

“

Our greatest GLORY is not in never failing,
but in **GETTING UP** every time you do.

”

- Confucius 551 BCE



If your plan is for one year, **PLANT RICE;**



If your plan is for ten years, **PLANT TREES;**



If your plan is for one hundred years,
EDUCATE CHILDREN.

- Confucius 551-479 BC

“

DO the best you can, until you **KNOW** better.
Then when you know better, **DO BETTER.**

”





““

I am not in this world
to live up to up to
your **EXPECTATIONS**.
And you are not in this world
to live up to **MINE**.

””

““

LIFE itself is your teacher, and you
are in a state of constant **LEARNING**.

””

- Bruce Lee (Lee Jun-fan) Nov 27 1940 - 20 July 1973

““

Life is really **SIMPLE**, but we insist
on making it **COMPLICATED**.

””

““

It does not matter how **SLOWLY** you go
as long as you **DO NOT STOP**.

””

““



The man who
asks a **QUESTION**
is a fool for a minute,
the man who
does **NOT** ask
is a **FOOL** for life.

””

- Confucius 551-479 BC

If you cannot choose the field of battle, be sure that you choose the time. - Sun Tzu

“

The man on
top of the
MOUNTAIN
did not FALL
there.

”

- Vince Lombardi

“

I HEAR and I **FORGET**
I SEE and I **REMEMBER**
I DO and I **UNDERSTAND.**

”

- Confucius 551-479 BC

It's not about being the **BEST**,
It's about being better
than you were yesterday.



“

Let us sacrifice our **TODAY**
so that our children can have
a better **TOMORROW.**

”

- A. P. J. Abdul Kalam

A flower does not think of **COMPETING**
with the flower next to it, it just **BLOOMS.**

“

Raise your **WORDS**
not your **VOICE.**
It is **RAIN** that
grows flowers
not **THUNDER.**

”

- Rumi

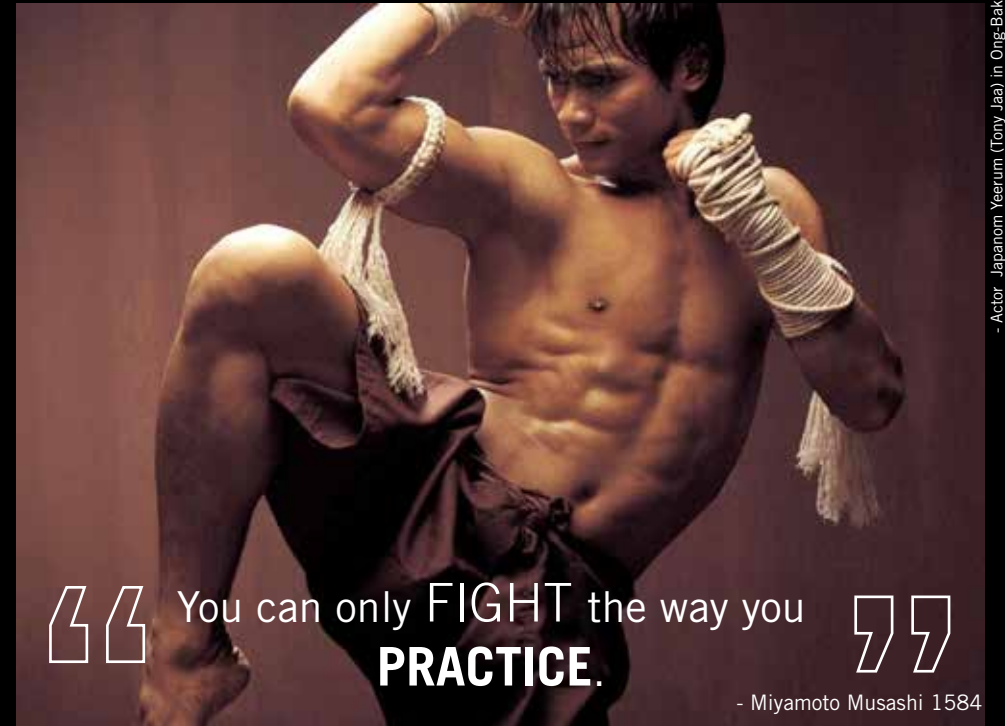


“


You can only **FIGHT** the way you
PRACTICE.

”

- Miyamoto Musashi 1584



- Actor Japantom Yeerum (Tony Jaa) in Ong-Bak

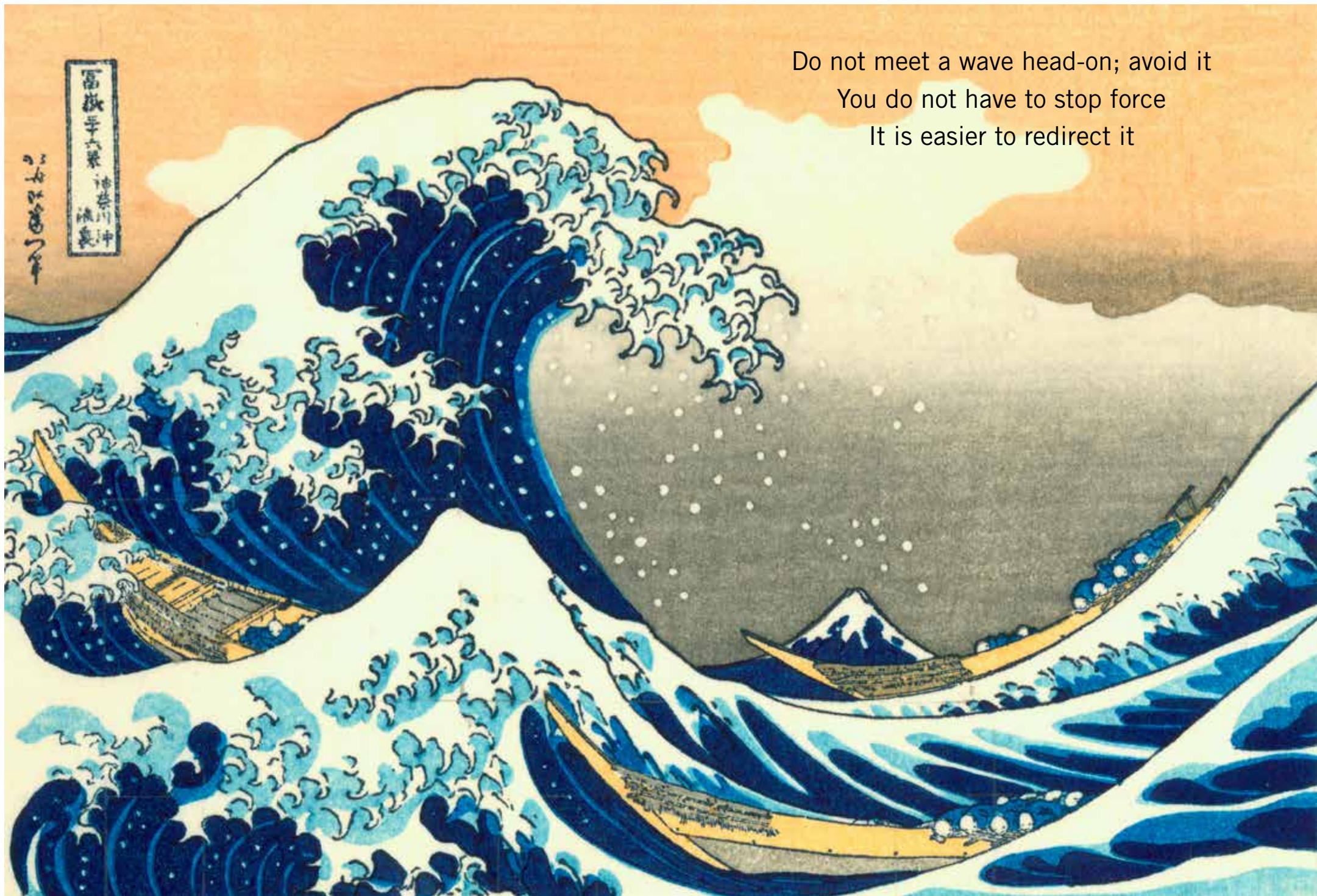
An illustration of two koi fish swimming in a pond. The background is a light blue water surface with white, swirling cloud-like patterns. In the upper left, a large koi fish with orange, red, and brown scales swims towards the left. In the lower right, a smaller koi fish with white, red, and black scales swims towards the right. The pond is surrounded by cherry blossom branches with pink and white flowers and green leaves. The text is placed in three locations: top left, middle right, and bottom right.

*The koi fish will flourish
as long as it has food
and space to grow...*

*...If the koi outgrows
its pond...*

*...it needs to find a bigger
pond or its growth will
become hampered.*

Do not meet a wave head-on; avoid it
You do not have to stop force
It is easier to redirect it



Ip Man's Code of Conduct

守 紀 律 崇 尚 武 德

Remain disciplined. Uphold yourself ethically as a martial artist.

明 禮 義 愛 國 尊 親

Be respectful and honest. Serve your community and honor your family.

愛 同 學 團 結 樂 群

Love your fellow students and classmates. Be united and avoid conflict.

節 色 慾 保 守 精 神

Limit your pursuits of bodily pleasures. Preserve the proper attitude.

勤 練 習 技 不 離 身

Train diligently and make it a habit. Cultivate your skill.

學 養 氣 救 濫 鬥 民

Learn to be calm. Don't participate in arguments and fights.

常 處 世 態 度 溫 民

Co-operate with people. Be civilised and gentle in your manners.

扶 弱 小 以 武 輔 仁

Help the weak. Use your fighting ability for the good of humanity.

繼 光 緒 漢 持 祖 訓

Pass on our traditions. Promote our arts and it's code of conduct.

松
濤
館



空
手
道

SHOTOKAN KARATE DO
DOJO KUN

彭
堂



一 人 格 完 成 に 努 め る 事
一 誠 の 道 を 守 る 事
一 努 力 の 精 神 を 養 う 事
一 礼 儀 を 重 ん ず る 事
一 血 気 の 勇 を 戒 む 事

訓



Hitotsu - Jinkaku Kansei ni Tsutmururu koto

Hitotsu - Makoto no michi wo mamoru koto

Hitotsu - Doryoku no seishin wo yashinau koto

Hitotsu - Reigi wo omonjiru koto

Hitotsu - Kekki no yu wo imashimeru koto

First - Strive to complete your character

First - Protect the road/way of the truth

First - Foster a spirit of effort

First - Respect the principles of etiquette

First - Guard against impetuous courage

(suppress boldness of the blood spirit / bloodthirsty spirit)

Each kun is equally important so they all begin with 'first'.

My respected Mentors, Leaders & Instructors

*As a solid mass of rock Is not moved by the wind,
So a sage is not moved by praise and blame.*

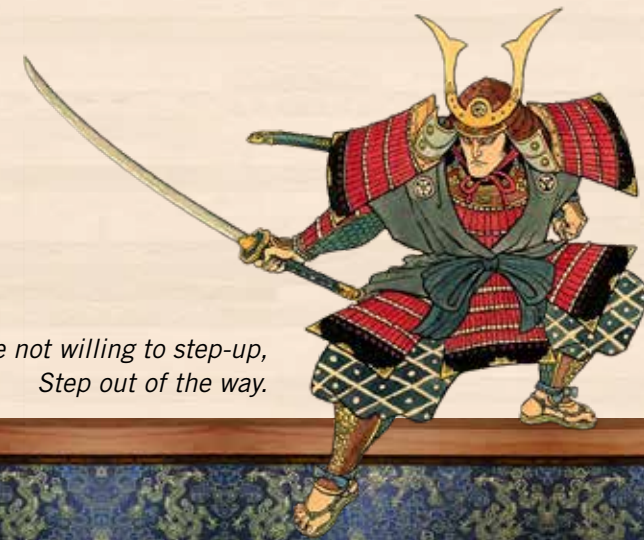
*Set your mind on a definite goal and observe how quickly
the world stands aside to let you pass.*

“

*If you cannot do **great** things...
do **small** things in a great way.*

”

- Napoleon Hill - October 26, 1883 – November 8, 1970



*If you are not willing to step-up,
Step out of the way.*

Notes

Change how you see and see how you change. - Zen proverb

The ULTIMATE ACHEIVEMENT is not in being the best.

You can't take success with you when you die. Think rather, '*What can I leave behind?*'

A mighty oak will not last forever, but plant enough acorns and a forest will grow in it's place.

- Mark Grogan Sensei, Heian Do Bujutsu Ryu, 24 Oct 1963

