



The Kyokushin Dojokun



We will train our hearts and bodies — for a firm unshaken spirit



We will pursue the true meaning of the martial way — so in time our senses may be alert



With true vigour — we will seek to cultivate a spirit of self-denial



We will observe the rules of courtesy — respect our superiors, and refrain from violence



We will follow our religious principles — and never forget the true virtue of humility



We will look up to wisdom and strength — not seeking other desires



All our lives — through the discipline of karate — we will seek to fulfil the true meaning of the Kyokushin Way.