

Ko Bu Kan Ryukyu Karate

Guiding Principles Code of Conduct

1. When asking to be taught be submissive and free from prejudice, accept the teachings as shown. In this way you will not establish your own peculiarities or bad habits.
2. Be polite and obedient to the master and other superiors. Be courteous among fellow students and followers. You must strive to develop humbleness.
3. Cultivate a spirit of perseverance. You will develop a healthy body if you have strength of mind and train fearlessly.
4. Strive to be a warrior for the construction of a peaceful and free world by using the character building, morality and spirituality continued in the way of karate.
5. In daily conduct do not encourage fights or arguments.
6. Move from easy to difficult and from simple to complicated. More time is required to train longer and harder as you progress. Do not hurry or engage in senseless or reckless practice. Develop gradually.
7. Become familiar with the use of the makiwara and other training equipment. Train yourself to use your fist body and positions. Be patient and study earnestly the katas and matches. Do not aim for hurried success.
8. In the past a single kata was studied for three years. A long time ago a particular master studied a kata for over ten years. Do not think you have mastered a kata and become proud of your success. Pride will lead to hurt your achievement in virtue and technique, thus pride can be like a poison to the world.
9. Take care not to develop only your favourite technique neglecting others because this will leave a weakness in your defence. Be cautious not to become too theoretical or technical because these to are weaknesses.
10. Ask questions freely of the master and other superiors because you must strive to understand what you are learning.

February 15, 1964

Okinawan Kempo Karate Dojo Nakamura Sensei