

## (Shin)Kyokushin Dojo Kun/Dojo Oath

In (shin)kyokushin karate, which is considered as 'Budo', a fighting art with a philosophical background, a so called Dojo Kun or Dojo Oath can be recited at the end of a training session. Many Japanese and foreign dojo have taken this habit, that exist from the days Sosai Oyama started teaching his kyokushin.

This Dojo Kun is recited at the end of a training session. The most senior student recites the dojo kun out loud with each student repeating the words after him/her while sitting in seiza.

The Kyokushin Dojo Kun or Dojo Oath was written by Sosai Masutatsu Oyama and the famous Japanese writer Eiji Yoshikawa, author of "Musashi", a best selling book about the life of legendary Japanese swordsman Miyamoto Musashi.

The dojo kun comprises a list of rules to follow in the dojo, but moreover throughout one's entire life.

Studying the dojo kun is considered an excellent way to try to understand the philosophy of (shin)kyokushin karate.

1. Hitotsu, wareware wa, shinshin o renmashi, kakko fubatsu no shingi o kiwameru koto.  
**We will train our hearts and bodies for a firm unshaken spirit.**
2. Hitotsu, wareware wa, bu no shinzui o kiwame, ki ni hasshi, kan ni bin naru koto.  
**We will pursue the true meaning of the martial way so that, in time, our senses may be alert.**
3. Hitotsu, wareware wa, shitsujitsu goken o motte, kokki no seishin o kanyo suru koto.  
**With true vigour, we will seek to cultivate a spirit of self-denial.**
4. Hitotsu, wareware wa, reishitsu o omonji, chojo o keishi, sobo no furumai o tsutsushimu koto.  
**We will observe the rules of courtesy, respect our superiors, and refrain from violence.**
5. Hitotsu, wareware wa, shinbutsu o totobi, kenjo no bitoku o wasurezaru koto.  
**We will follow our religious principles and never forget the true virtue of humility.**
6. Hitotsu, wareware wa, chisei to tairyoku to o kojo sase, koto ni nozonde ayamatazaru koto.  
**We will look upwards to wisdom and strength, not seeking other desires.**
7. Hitotsu, wareware wa, shogai no shugyo o karate no michi ni tsuji, Kyokushin no michi o mattou suru koto.  
**All our lives, through the discipline of karate, we will seek to fulfill the true meaning of the Kyokushin way.**