

SHOTU NIJU KUN

(Shoto's 20 Precepts)

1. **Karate-do wa rei ni hajimari, rei ni owaru koto wo wasuruna.**
Karate-do begins with courtesy and ends with courtesy.
2. **Karate ni sente nashi.**
There is no first attack in karate.
3. **Karate wa gi no tasuke.**
Karate is a great assistance to [auxilliay of] justice.
4. **Mazu jiko wo shire, shikoshite tao wo shire.**
Know yourself first, and then others.
5. **Gijutsu yori shinjutsu.**
Spirit first; techniques second.
6. **Kokoro wa hanatan koto wo yosu.**
Always be ready to release your mind.
7. **Wazawai wa getai ni shozu.**
Misfortune [accidents] always comes out of idleness [negligence].
8. **Dojo nomino karate to omou na.**
Do not think that karate training is only in the dojo.
9. **Karate no shugyo wa issho de aru.**
It will take your entire life to learn karate; there is no limit.
10. **Arai-yuru mono wo karate-ka seyo, soko ni myo-mi ari.**
Put your everyday living into karate and you will find the ideal state of existence [myo].
11. **Karate wa yu no goto shi taezu natsudo wo ataezareba moto no mizu ni kaeru.**
Karate is like hot water. If you do not give it heat constantly, it will again become cold water.
12. **Katsu kangae wa motsu na makenu kangae wa hitsuyo.**
Do not think that you have to win. Rather, think that you do not have to lose.
13. **Tekki ni yotte tenka seyo.**
Victory depends on your ability to distinguish vulnerable points from invulnerable ones.
14. **Tattakai wa kyo-jutsu no soju ikan ni ari.**
The battle is according to how you maneuver guarded and unguarded. Move according to your opponent.
15. **Hito no te ashi wo ken to omoe.**
Think of the hands and feet as swords.
16. **Danshi mon wo izureba hyakuman no tekki ari.**
When you leave home, think that you have numerous opponents waiting for you. It is your behavior that invites trouble for them.
17. **Kamae wa shoshinsha ni ato wa shizentai.**
Beginners must master low stance and posture; natural body position for advanced.
18. **Kata wa tadashiku jissen wa betsu mono.**
Practicing a kata is one thing, and engaging in a real fight is another.
19. **Chikara no kyojaku, karada no shinshuku, waza no kankyu wo wasaruna**
Do not forget 1 - strength and weakness of power, 2 - stretching and contraction of the body, and 3 - slowness and speed of techniques. Apply these correctly.
20. **Tsune ni shinen kufu seyo.**
Always think and devise ways to live the precepts every day.