

Karate-do begins and ends with bowing.

一、空手道は礼に始まり礼に終る事を忘るな

*Hitotsu, karate-do wa rei ni hajimari rei ni owaru koto o wasuru na*

There is no first strike in karate.

一、空手に先手なし

*Hitotsu, karate ni sente nashi*

Karate stands on the side of justice.

一、空手は義の補け

*Hitotsu, karate wa, gi no tasuke*

First know yourself, then know others.

一、先づ自己を知れ而して他を知れ

*Hitotsu, mazu onore o shire, shikashite ta o shire*

Mentality over technique.

一、技術より心術

*Hitotsu, gijitsu yori shinjitsu*

The heart must be set free.

一、心は放たん事を要す

*Hitotsu, kokoro wa hanatan koto o yosu*

Calamity springs from carelessness.

一、禍は懈怠に生ず

*Hitotsu, wazawai wa ketai ni seizu*

Karate goes beyond the [dojo](#).

一、道場のみの空手と思ふな

*Hitotsu, dojo nomino karate to omou na*

Karate is a lifelong pursuit.

一、空手の修業は一生である

*Hitotsu, karate-do no shugyo wa issho de aru*

Apply the way of karate to all things. Therein lies its beauty.

一、凡ゆるものを空手化せよ其処に妙味あり

*Hitotsu, ara yuru mono o karateka seyo; sokoni myomi ari*

Karate is like boiling water; without heat, it returns to its tepid state.

一、空手は湯の如し絶えず熱度を与えざれば元の水に還る

*Hitotsu, karate Wa Yu No Gotoku Taezu Netsu O Atae Zareba Motono Mizuni Kaeru*

Do not think of winning. Think, rather, of not losing.

一、勝つ考は持つな負けぬ考は必要

*Hitotsu, katsu kangae wa motsuna; makenu kangae wa hitsuyo*

Make adjustments according to your opponent.

一、敵に因って轉化せよ

*Hitotsu, tekki ni yotte tenka seyo*

The outcome of a battle depends on how one handles emptiness and fullness (weakness and strength).

一、戦は虚実の操縦如何に在り

*Hitotsu, tattakai wa kyo-jitsu no soju ikan ni ari*

Think of hands and feet as [swords](#).

一、人の手足を剣と思へ

*Hitotsu, hi to no te-ashi wa ken to omoe*

When you step beyond your own gate, you face a million enemies.

一、男子門を出れば百万の敵あり

*Hitotsu, danshi mon o izureba hyakuman no teki ari*

[Formal stances](#) are for beginners; later, one stands naturally.

一、構は初心者には自然体

*Hitotsu, kamae wa shoshinsha ni atowa shizentai*

Perform [prescribed sets of techniques](#) exactly; actual [combat](#) is another matter.

一、形は正しく実戦は別物

*Hitotsu, kata wa tadashiku, jisen wa betsumono*

Do not forget the employment of withdrawal of power, the extension or contraction of the body, the swift or leisurely application of technique.

一、力の強弱体の伸縮技の緩急を忘るな

*Hitotsu, chikara no kyojaku tai no shinshuku waza no kankyu*

Be constantly mindful, diligent, and resourceful, in your pursuit of the Way.

一、常に思念工夫せよ

*Hitotsu, tsune ni shinen ku fu seyo*