



Niju Kun  
(Master Funakoshi's Twenty Precepts)

1. Karate-do begins with courtesy and ends with courtesy, do not forget this.
2. There is no first attack in karate.
3. Karate is a great assistance to justice.
4. Know yourself first, then others.
5. Spirit first, technique's second.
6. Always be ready to release your mind.
7. Misfortune always comes from idleness and neglect.
8. Do not think that karate training is only in the dojo.
9. It will take your entire life to learn karate; there is no limit.
10. Put your everyday living into karate and you will find the ideal state of existence.
11. Karate is like hot water. If you do not give it heat constantly, it will again be cold water.
12. Do not think of winning; think of not losing.
13. Victory depends on your ability to distinguish vulnerable points from invulnerable ones.
14. The battle is according to how you maneuver – guarded and unguarded. Move according to your opponent.
15. Think of the hands and feet as swords.
16. When you leave home, think there are numerous opponents waiting for you. It is your behavior that invites trouble.
17. Beginners must master low stances and posture. Natural body positions for advanced.
18. Practicing kata is one thing, engaging in a real fight is another.
19. Do not forget- strength and weakness of power, stretching and contraction of the body, slowness and speed of techniques. Apply these correctly.
20. Always think and devise ways to live the precepts everyday.