



Dokun

Seiku

1

Rely on yourself, and not on others.
No one is as reliable as your own well-disciplined self.

2

By committing evil, you defile yourself.
By avoiding evil, you attain purity.

Seigan

1

In acquiring this Art, we pledge to honour our founder, and not to betray our masters;
to respect our elders, and not to slight the young.
As comrades, we pledge to help each other, and to cooperate for the accomplishment of
these teachings.

2

We pledge to leave our past aside, and to devote ourselves to mastering the Art as plainly
and naively as infants.

3

We pledge never to perform our Art for selfish reasons, but for the benefit of all mankind.

"CHINKON"
(SEATED MEDITATION)

Shinjo

1

We are grateful that we are endowed with our souls from Dharma, and our bodies from our
parents.

We endeavour to make every effort to return their blessings.

2

We love our country and determine to better the welfare of our people.

3

We love justice, respect humanity, observe courtesy, keep the peace, and determine to be
true and brave.

4

We strive to master the Art and discipline body and soul.

We love our comrades and help each other.

We cooperate and endeavour to establish an ideal world.