

*WE WILL TRAIN OUR HEARTS AND BODIES,  
FOR A FIRM UNSHAKING SPIRIT*

*WE WILL PURSUE THE TRUE MEANING  
OF THE MARTIAL WAY, SO THAT IN TIME  
OUR SENSES WILL BE ALERT*

*WITH TRUE VIGOUR, WE WILL SEEK TO  
CULTIVATE, A SPIRIT OF SELF DENIAL*

*WE WILL OBSERVE THE RULES OF  
COURTESEY, RESPECT OUR SUPERIORS  
AND REFRAIN FROM VIOLENCE*

*WE WILL FOLLOW OUR RELIGIOUS PRINCIPLES,  
AND NEVER FORGET THE TRUE VIRTUE OF  
HUMANITY*

*WE WILL LOOK UPWARDS TO WISDOM AND  
STRENGTH, NOT SEEKING OTHER DESIRES*

*ALL OUR LIVES, THROUGH THE DISCIPLINE OF  
KARATE, WE WILL SEEK TO FULFILL THE TRUE  
MEANING OF THE KYOKUSHIN WAY*