国際空手道連盟極真流

INTERNATIONAL KARATE ALLIANCE, KYOKUSHINRYU

PROPER WAY HOW TO ENTER DOJO

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KYOKUSHIN DOJO OATH

WE WILL TRAIN OUR HEARTS AND BODIES,
FOR A FIRM UNSHAKEN SPIRIT.
WE WILL PURSUE THE TRUE MEANING OF
THE MARTIAL WAY, SO THAT IN TIME OUR
SENSES MAY BE ALERT.

WITH TRUE VIGOR, WE WILL SEEK TO
CULTIVATE A SPIRIT OF SELF-DENIAL.

WE WILL OBSERVE THE RULES OF
COURTESY, RESPECT OUR SUPERIORS, AND
REFRAIN FROM VIOLENCE.

WE WILL FOLLOW OUR RELIGIOUS
PRINCIPLES, AND NEVER FORGET THE TRUE
VIRTUE OF HUMILITY.

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.

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DOJO KUN

一、吾々は心身を錬磨し
確固不抜の心技を極めること

一、吾々は武の神髄を極め
機に発し感に敏なること

一、吾々は質実剛健を以て
克己の精神を涵養すること

一、吾々は礼節を重んじ長上を敬し
粗暴の振舞ひを慎むこと

一、吾々は神仏を尊び
謙譲の美徳を忘れざること

一、吾々は智性と体力とを向上させ
事に臨んで過ぐること

一、吾々は生涯の修行を空手の道に通じ
極真の道を全うすること

KUN = JAPANESE VERSION

OATH = ENGLISH VERSION

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HOW WILL YOU ENTER YOUR DOJO

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The Sensei will first enter the dojo to show his/her students a good way of doing things.

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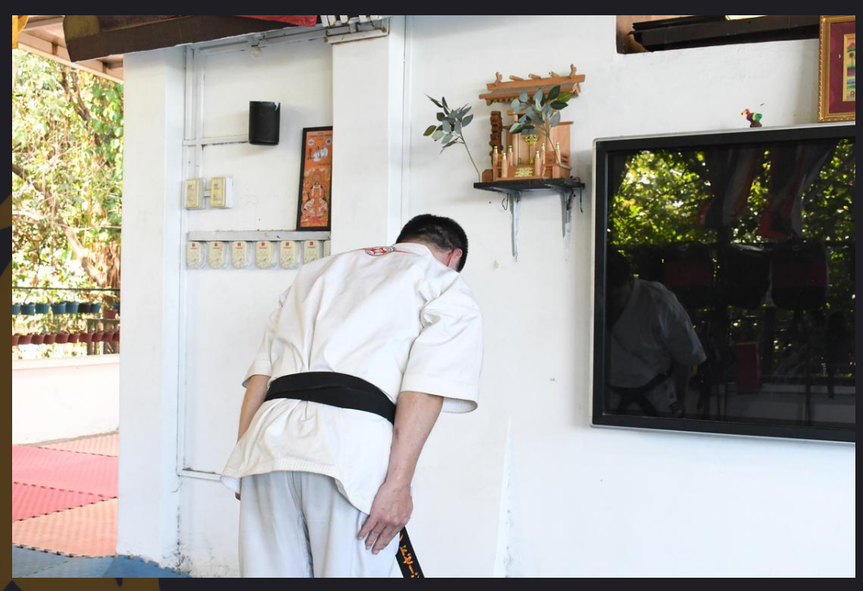
The students have to bow to their sensei.

Before entering the Dojo, you show respect to their sensei and Dojo.

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When you enter the dojo, the first thing you should do is greet Sosai Oyama. Sosai Oyama is watching us from inside Shinzen.





bow twice, clap (your hands) also twice (this time your left hand is above your right hand)



and bow once again. Finally, Kyokushin makes a cross (Osu) on Shinzen.



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SHINZEN

シンゼン

HOUSE OF SOSAI

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Cleaning the altar is required on every 1st and 15th of the month. Changing the 'rice', 'sake', 'salt' and 'water' is an expected event, to offer and respect in front of the SHINZEN

All dojo students are required to bow (or greet) before the SHINZEN (shrine). Dojo students or dojo operators

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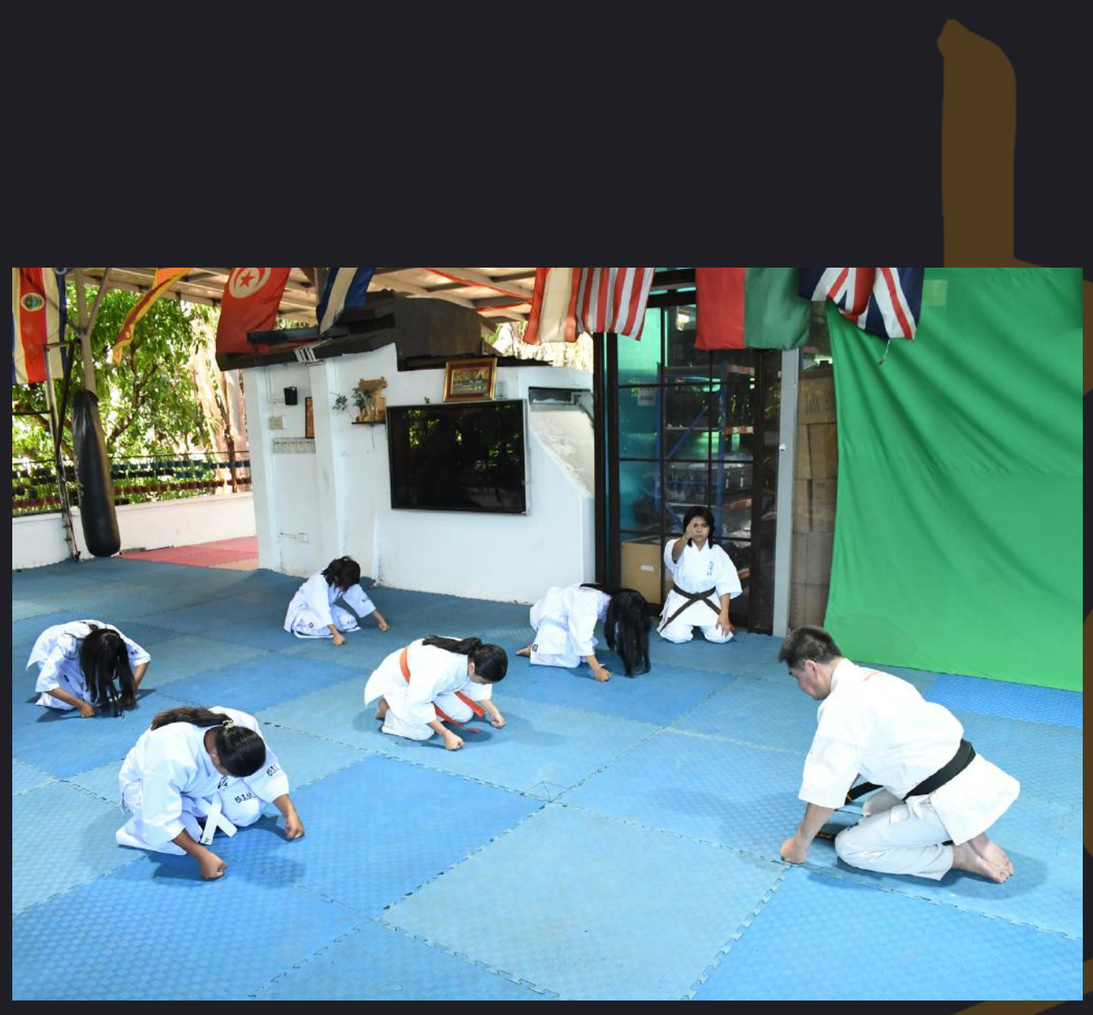




Before starting the training,

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Ending of training

