

### Twenty guiding principles of Karate-do by Gichin Funakoshi:

1. Remember that Karate-Do begins and ends with Rei
2. There is no first strike in Karate "Ni Sente Nashi".
3. Karate stands on the side of justice.
4. First know yourself, then know others.
5. Mentality over technique.
6. The mind must be set free.
7. Calamity springs from carelessness.
8. Karate goes beyond the dojo.
9. Karate is a lifelong pursuit.
10. Apply the way of Karate to all things. Therein lies its beauty.
11. Karate is like boiling water: without heat, it returns to its tepid state.
12. Do not think of winning. Think, rather, of not losing.
13. Make adjustments according to your opponent.
14. The outcome of a battle depends on how one handles emptiness and fullness (weakness and strength).
15. Think of the opponent's hands and feet as swords.
16. When you step beyond your own gate, you face a million enemies.
17. Kamae (ready stance) is for beginners; later, one stands in shizentai (natural stance).
18. Perform kata exactly; actual combat is another matter.
19. Do not forget the employment or withdrawal of power, the extension or contraction of the body, the swift or leisurely application of technique.
20. Be constantly mindful, diligent, and resourceful in your pursuit of the Way.

*"The ultimate aim of karate lies not in victory nor defeat, but in the perfection of the character of its participants"*

*Gichin Funakoshi, father of modern Karate.*