

The Twenty Guiding Principles of Karate. (1938) FUNAKOSHI

1. Karate-do begins and ends with **bowing**. (REI)
一、空手道は礼に始まり礼に終る事を忘るな
2. There is no first strike in karate.
一、空手に先手なし
3. Karate stands on the side of justice.
一、空手は義の補け
4. First know yourself, then know others.
一、先づ自己を知れ而して他を知れ
5. Mentality over technique.
一、技術より心術
6. The heart must be set free.
一、心は放たん事を要す
7. Calamity springs from carelessness.
一、禍は懈怠に生ず
8. Karate goes beyond the **dojo**.
一、道場のみの空手と思ふな
9. Karate is a lifelong pursuit.
一、空手の修業は一生である
10. Apply the way of karate to all things. Therein lies its beauty.
一、凡ゆるものを空手化せよ其処に妙味あり
11. Karate is like boiling water; without heat, it returns to its tepid state.
一、空手は湯の如し絶えず熱度を与えざれば元の水に還る
12. Do not think of winning. Think, rather, of not losing.
一、勝つ考は持つな負けぬ考は必要
13. Make adjustments according to your opponent.
一、敵に因って轉化せよ
14. The outcome of a battle depends on how one handles emptiness and fullness (weakness and strength).
一、戦は虚実の操縦如何に在り
15. Think of hands and feet as **swords**.
一、人の手足を剣と思へ
16. When you step beyond your own gate, you face a million enemies.
一、男子門を出づれば百万の敵あり
17. **Formal stances** are for beginners; later, one stands naturally.
一、構は初心者には自然体
18. Perform **prescribed sets of techniques** exactly; actual **combat** is another matter.
一、形は正しく実戦は別物
19. Do not forget the employment of withdrawal of power, the extension or contraction of the body, the swift or leisurely application of technique.
一、力の強弱体の伸縮技の緩急を忘るな
20. Be constantly mindful, diligent, and resourceful, in your pursuit of the Way.
一、常に思念工夫せよ

The precepts are not numbered or ordered; each begins with *hitotsu* meaning "one" or "first" to show that each rule has the same level of importance as the others.