

## SUCCESS THROUGH KENSEIKAN KARATE

### THE RIGHT PATH and DOJO KUN

While practising karate with full/honest efforts and concentration, your life/background should have:

- 1 *Right View*: Beyond Right and Wrong in inner strength
- 2 *Right Intention/Resolve*: Good thinking; skilfully resolve problems while maintaining the right and postures without harming anyone.
- 3 *Right Speech*: Speak only words that do no harm with; tell no Lies; cheating or faking/pooling others for undeserved credit. (E.g. **I shall respect others**)
- 4 *Right Actions*: Self explanatory (the result of all)
- 5 *Right Livelihood*: (e.g. **shall refrain from Violent behaviour**)
- 6 *Right effort*: (**I shall endeavour**)
- 7 *Right Mindfulness*: (Meditation: doing things with full attention and concentration)
- 8 *Right Concentration*: A result of all of the above. (Meditation/Karate Practise = all you need for this and the result is.....)

.....a..... very **POWERFUL MIND AND a BODY**.....

IN ORDER TO HAVE one to seven you need Eight. It is a Circle isn't it. = Life is a circle. The earth/planets rotate in a circle so does the Energy.

Do the following Exercise:

Please try an allocate Dojo Kun to each item?

Please print your answers and keep in your folder ready to be presented at any given grading test.

Regards,

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