



What is the Kyokushin “Dojo kun”

The **Kyokushin Dojo Kun** (or Dojo Oath) is the foundational ethical and philosophical code of Kyokushin Karate. Written by founder **Sosai Mas Oyama** and renowned author Eiji Yoshikawa, it outlines the mental and moral discipline practitioners must follow both in the dojo and in daily life.

The oath consists of seven lines, each beginning with "Hitotsu" (which translates to "One" or "Firstly"), emphasizing that every principle holds equal importance. It is traditionally recited at the end of every training session while kneeling in *seiza*.

The Seven Lines of the Dojo Oath

The seven lines of the Dojo Kun, outlined with references to focus on cultivating a strong mind and body, developing awareness, practicing self-discipline, showing respect, and maintaining humility. They also emphasize pursuing wisdom over material desires and committing to the Kyokushin path throughout life.

The Dojo kun has no connection to any prescribed religious beliefs and specifically notes that one should follow “our religious principles” being the practitioners own religious principles.

At its core the Dojo Kun is a list of ideals to try and be a good person.

1. **Hitotsu, wareware wa, shinshin o renmashi, kakko fubatsu no shingi o kiwameru koto.**
We will train our hearts and bodies for a firm unshaken spirit.
2. **Hitotsu, wareware wa, bu no shinzui o kiwame, ki ni hasshi, kan ni bin naru koto.**
We will pursue the true meaning of the martial way so that, in time, our senses may be alert.
3. **Hitotsu, wareware wa, shitsujitsu goken o motte, kokki no seishin o kanyo suru koto.**
With true vigour, we will seek to cultivate a spirit of self-denial.
4. **Hitotsu, wareware wa, reishitsu o omonji, chojo o keishi, sobo no furumai o tsutsushimu koto.**
We will observe the rules of courtesy, respect our superiors, and refrain from violence.
5. **Hitotsu, wareware wa, shinbutsu o totobi, kenjo no bitoku o wasurezaru koto.**
We will follow our religious principles and never forget the true virtue of humility.
6. **Hitotsu, wareware wa, chisei to tairyoku to o kojo sase, koto ni nozonde ayamatazaru koto.**
We will look upwards to wisdom and strength, not seeking other desires.
7. **Hitotsu, wareware wa, shogai no shugyo o karate no michi ni tsuji, Kyokushin no michi o mattou suru koto.**
All our lives, through the discipline of karate, we will seek to fulfil the true meaning of the Kyokushin way.



道場訓

- 一、吾々は心身を錬磨し
確固不拔の心技を極めること
- 一、吾々は武の神髓を究め
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る舞いを慎むこと
- 一、吾々は神仏を尊び
謙讓の美德を忘れざること
- 一、吾々は知性と体力とを向上させ
事に望んで過たざること
- 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