



The 11 Mottos of Mas Oyama

(also known as the *Zayu no Mei Juichi Kajo*) represent the core philosophical and ethical foundation of **Kyokushin Karate**. Established by founder **Masutatsu "Mas" Oyama**, these principles guide practitioners on physical discipline, humility, and mental resilience.

The 11 principles, which emphasize courtesy, perseverance, and dedication, are as follows:

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- **Courtesy:** Be genuine in all interactions.
- **Perseverance:** Scale the "cliff" of training with devotion.
- **Initiative:** Act with consideration, not selfishness.
- **Detachment from Money:** Do not become attached to wealth.
- **Posture:** Maintain correct form in all actions.
- **Dedication:** Mastery requires 1,000 to 10,000 days of training.
- **Introspection:** Reflect on actions to gain wisdom.
- **Universality:** Use training to purge selfish desires.
- **Form:** Follow the path from point to circle.
- **Experience:** Embrace the demands of the Martial Way.
- **Grateful Heart:** Act with confidence and gratitude.

1. The Martial Way begins and ends with courtesy. Therefore, be properly and genuinely courteous at all times.

2. Following the Martial Way is like scaling a cliff – continue upwards without rest. It demands absolute and unfaltering devotion to the task at hand.

3. Strive to seize the initiative in all things, all the time guarding against actions stemming from selfish animosity or thoughtlessness.

4. Even for the Martial Artist, the place of money cannot be ignored. Yet one should be careful never to become attached to it.

5. The Martial Way is centered in posture. Strive to maintain correct posture at all times.

6. The Martial Way begins with one thousand days and is mastered after ten thousand days of training.

7. In the Martial Arts, introspection begets wisdom. Always see contemplation on your actions as an opportunity to improve.

8. The nature and purpose of the Martial Way is universal. All selfish desires should be roasted in the tempering fires of hard training.

9. The Martial Arts begin with a point and end in a circle. Straight lines stem from this principle.

10. The true essence of the Martial Way can only be realized through experience. Knowing this, learn never to fear its demands.



11. Always remember, in the Martial Arts the rewards of a confident and grateful heart are truly abundant.