



思う通りに行かぬのが世の中

前も向うも生きるのが人生

向があつても立ち上りその度に自分だけでなく

周りの人々も更に幸せになれる知恵を生み出す

その為の気力体力を養うのが拳行

人と社会と己を常に返り観て

思う程度を広く高く上げて行く事が拳学

一つ己の責として一つ成長する

苦難を自己研磨の糧と喜び立ち向い

金でも鬼壁に受け捌き胸に打たねばならぬ

事あればそれの活人拳でなればならない

それに達する為 知合養心と根底をもって

行う修業こそ我らが守む人間形成の空手道なり

己が食う事のみにとられ生きる事は畜生でもする

夢の無い所に夢と希望の無い所に希望を

己の働きや行いが百年先に生きる者の

曲豈かこの支えになる事を夢見想ひ勤める様こそ

武徳であり現代の武士道である

全日本少林寺流空手道
徳心館内東本野録

今井



CONDUCT GUIDE

“Nothing goes smoothly” that is one of life’s facts. Have a positive attitude and face the reality head on.

No matter how tough the situation you face, you should stand up tall. Then, think what you can do is with your gained wisdom, help others and make them feel happy, and think not just only of your own happiness.

Gaining physical strength and forging the spirit is called “Kengyō (拳 行),” which means “prepare and build yourself through your practice and experiences at all times.”

Observe and be aware of your surroundings and environment constantly, and then exalt beyond what you think and what you are, that is called “Kengaku (拳 学),” which means “learn and develop yourself by what you are practicing and experiencing all the times.”

When faced with difficulties, take charge and make it your own responsibility and think of it as a way to develop your own self – think of those situations as a way for improving yourself.

When faced with difficulties, be ready to protect and defend yourself with ease, making the right move to counter the challenge. That defensive move should have the spirit of Katsujinken (活 人 拳 ; literally translated as “Justice-punch,”) which means “not doing martial arts so as to win, but in order to preserve life and to be at one with the world.”

Until reaching that point, train yourself with what we call “Wagōyoushin (和 合 養 心),” which means “harmonize yourself with your surroundings and develop your heart” .

That is the true meaning of Renshinkan karate-do, and the path in developing our humanity.

Anyone can live the life only for themselves and become obsess with their own selves.

When the hope is gone, be the light of hope. Dream as to make your work and actions to become a strong source of hope and guidance in people’s life for hundreds of years to come.

Martial art means a way of living; our actions and behaviors reflects that.

This is the way and spirit of today’s Bushi-do.

All Japan Shorinjiryu Karate-do Renshinkan,
Headquarter of Kanto Area

Minoru Imai