

## **Sensei Kanbun's Five Directions**

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The following is Sensei Kanbun Uechi's Five Original Directions for Karate Practitioners.

KarateDo is not just kicking and punching, it is focused on the unending development of personal excellence in all things. DO: the expression of life, sensitivity, compassion, and feeling, all that is internal - is conveyed by an art form. For some, the chosen art is karate, and that which it preserves and teaches is the DO expressed by the art, hence KarateDo.

Teaching and learning DO (the way) calls for patience, understanding, and self-confidence to do what must be done. Sensei Kanbun Uechi outlined guidance for the development of DO in his Five Directions. These Five Directions rule out aggression and competition development, rank climbing, ego-building, etc., and call for strict control of one's skills and personality.

Sensei Kanbun 's Five Directions:

1. The purpose of karate training is to build and nourish a strong physique.
2. The purpose of karate training is to develop the mental, spiritual, and human characteristics.
3. The purpose of karate training is never to fight or harm others in any way by actions, words, or thoughts.
4. The purpose of karate training is never to attack, but to defend only.
5. The purpose of karate training is to develop stamina, endurance, and patience in order to calmly accept life's responsibilities and overcome any difficult situation.

## Personal Etiquette

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- Pangai-Noon should only be used in the context of a legitimate training session, or in a self-defense situation.
- Courtesy must be shown to all people at all times. A disciple must contain his/her pride and ego, with humble humility.
- Disciples must never act rashly out of anger and must master their emotions.
- Appropriate respect should be shown to teachers and elders no matter which art or school they are affiliated with.
- A disciple must always strive to be kind, honest and friendly to all people.
- During practice a disciple must remain quiet and respectful, focused on the instruction being given and practice diligently.
- When traveling, disciples must be careful with whom they share their art. Aggressiveness and boasting are prohibited and challenges should be avoided except under the most appropriate circumstances.
- Wine and meat should usually be avoided.
- Sexual desire must be contained. This is not an edict of celibacy, but of discrimination and self-control.
- Pangai-Noon must never be taught rashly. The decision to share the art must be made with great deliberation. A teacher strives to share the art with only those who are gentle and merciful. A teacher may use the art as an interment for strengthening these qualities but a core of compassion and respect for life must be present in every disciple. It is the teacher's responsibility to choose wisely, and refuse instruction in the art to those who would abuse it gifts.

## Dojo Etiquette

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- The word Dojo can be broken down into Do meaning “way” and jo meaning “place”. This can be interpreted as “place to learn the way”.
- It is important to treat the Dojo as a branch of the temple and approach, enter and inhabit this sacred place with respect.
- Bowing is appropriate upon entering and leaving the Dojo and as a show of respect when greeting fellow students and the instructors. Students should also bow at the beginning and end of training with a partner.
- Upon entering the Dojo, shoes should be removed and left at the door.
- While occupying the Dojo, appropriate language is mandatory. This means no foul, abusive or disrespectful words will be tolerated.
- All life that enters the Dojo should be honored. Whether human, animal, insect or other sentient being, respect should be given. Being a part of the temple means that it is a safe sanctuary to all living beings.
- Keep the Dojo neat and orderly. Sweep the floor, keep the training area free from debris that can cause injury and take pride in the training space.