



TRADITIONAL JAPANESE SHOTOKAN KARATE

JINDOKAI

SALISBURY & PLAYFORD



DOJO KUN - 道場訓

HITOTSU: JINKAKU KANSEI NI TSUTOMURU KOTO
DEVELOP GOOD CHARACTER

Strive for the development of your character

HITOTSU: MAKOTO NO MICHIO MAMORU KOTO
BE TRUTHFUL & SINCERE

Strive to develop the virtues of Truth and Sincerity

HITOTSU: DORYOKU NO SEICHIN O YASHINAU KOTO
MAXIMUM EFFORT

Cultivate the spirit of perseverance

HITOTSU: REIGI O OMONZURU KOTO
BE RESPECTFUL TO OTHERS

Honour the principles of good etiquette

HITOTSU: KEKKI NO YU O IMASHIMURU KOTO
MAINTAIN SELF-CONTROL

Guard against Reckless and Violent behaviour