

## Selected Quotes of Gichin Funakoshi, who introduced Karate to Japan from Okinawa:

- It is important that karate can be practiced by the young and old, men and women alike. That is, since there is no need for a special training place, equipment, or an opponent, a flexibility in training is provided such that the physically and spiritually weak individual can develop his body and mind so gradually and naturally that he himself may not even realize his own great progress.
- Karate-Do strives internally to train the mind to develop a clear conscience, enabling one to face the world honestly, while externally developing strength to the point where one may overcome even ferocious wild animals. Mind and technique become one in true karate.
- When you look at life think in terms of karate. But remember that karate is not only karate -- it is life.
- To search for the old is to understand the new. The old, the new, this is a matter of time. In all things man must have a clear mind. The Way: Who will pass it on straight and well?
- Karate is a technique that permits one to defend himself with his bare hands and fists without weapons.
- Just as it is the clear mirror that reflects without distortion, or the quiet valley that echoes a sound, so must one who would study Karate-Do purge himself of selfish and evil thoughts, for only with a clear mind and conscience can he understand that which he receives.
- He who would study Karate-Do must always strive to be inwardly humble and outwardly gentle. However, once he has decided to stand up for the cause of justice, then he must have the courage expressed in the saying, "Even if it must be ten million foes, I go!" Thus, he is like the green bamboo stalk: hollow (kara) inside, straight, and with knots, that is, unselfish, gentle, and moderate.
- There are many kinds of martial arts, ...at a fundamental level these arts rest on the same basis. It is no exaggeration to say that the original sense of Karate-Do is at one with the basis of all martial arts. Form is emptiness, emptiness is form itself. The kara of Karate-Do means this.
- The correct understanding of Karate and its proper use is Karate-do. One who truly trains in this do [way] and actually understands Karate-do is never easily drawn into a fight.
- Students of any art, including Karate-do must never forget the cultivation of the mind and the body.
- To win one hundred victories in one hundred battles is not the highest skill. To subdue the enemy without fighting is the highest skill.
- The ultimate aim of the art of karate lies not in victory or defeat, but in the perfection of the characters of its participants.