

1. 護身術としての空手とは

What is self-defence karate?

人を打たず、
人に打たれず、
全て事なきを良しとする

*Do not strike others,
do not be struck by others,
and consider all things to be good*

2. 稽古心得

Practice Guidelines

心・技・体
文武両道
創意工夫

*Mind, Technique, Body
Both the Arts and the Sciences
Originality and Ingenuity*

1. 陰陽 Yin and Yang

心身一體

攻防一體

內外一體

Mind and body

Attack and defence

Inside and outside

2. 八卦 Bagua

吞吐

浮沈

剛柔

動靜

Swallow and spit

Rise and fall

Hard and soft

Movement and stillness

1. 剛柔吞吐
2. 氣沈丹田
3. 上虛下實
4. 立身中正
5. 沈肩墜肘
6. 含胸拔背
7. 十趾抓地
8. 收腹促肛
9. 松腰松胯
10. 全身鬆閑

1. Firm and supple breathing
2. Breathing from the lower abdomen
3. Upper body hollow, lower body full
4. Standing upright and straight
5. Shoulders and elbows lowered
6. Chest in, back out
7. Toes gripping the ground
8. Tighten the abdomen and draw in the anus
9. Loosen the waist and hips
10. Relax the whole body