

# **The Philosophy of Karate**

## **by Sensei Morrison**

Training in Karate teaches us not only self-defence but, to respect others as well as ourselves. We train our ourselves to be strong and mind and spirit to be patient, to become the best human beings we can be.

Karate is a spiritual endeavour, a way to develop a person as an individual . What we learn in the dojo, or training hall, should be applied to everyday life.

Karate training is not always easy often it can be very difficult and demanding. This is also true of life. If we can overcome obstacles in our training, it enables us to have a strong character to do the same in our everyday lives.

The very essence of Karate - the main purpose of training - is all about improving ourselves. We must always work hard at this. When we take responsibility to become persons of good character and integrity, we will be doing our part to make the world a better place which in turn can help to bring peace to the world. This was the legacy of master Gichin Funakoshi.

It is also my personal goal and the goal of Shotokan Karate to teach not only Karate techniques but moreover to do my best to guide our members in the understanding of what it means to be a true martial artist.

A true martial artist constantly strives to be a good human being, He or she is influenced by Shotokan' greats' of the past such as Master Gichin Funakoshi and Master Masatoshi Nayayama.n It is their spiritual inspiration that gives me the determination and resolve to pass on to my students what has been passed on to me through engaging in in Shotokan Karate These are principles front and foremost derived from our Karate training and which, I in turn will do the same for my students . It is clearly my sincere hope that all my members will do likewise by passing on Master Funakoshi's philosophy for generations to come.

As human beings we are all the same and have the same vulnerabilities. This is human nature; we can overcome many things if we first understand and accept this about ourselves

If we accept the good and bad about ourselves it is much easier to accept these things in others and to be a true martial artist, we must accept nature and continually work on perfecting our character. This daily process should be as routine as waking up in the morning, everyone has within them the power to be good human beings and bring this out in one another that is true power a good Karateka in Shotokan Karate.