

**“Power is not revealed by striking hard or often,
but by striking true”**

Honore de Balzac

1

“The focused mind can pierce through stone”

Japanese Maxim

2

“Wherever you go, go with all your heart”

Confucious

3/

“Karate is a defensive art from beginning to end”

Funakoshi , Gichin

4/

“Pain is the best instructor, but no-one wants to go to his class”

5/

Choi, Hong Hi

“Teachers open the door. You enter by yourself”

6/

Chinese Proverb

“The ultimate aim of karate lies not in victory or defeat but in the perfection of the character of its participants”

7/

Funakoshi, Gichin

“I firmly believe that the only disability in life is a bad attitude”

Scott Hamilton

8/

“If your opponent tries to pull you, let him pull. Don't pull against him; pull in unison with him”

Veshiba, Morihei

9/

“Nobody ever drowned in sweat”

U.S. Marine Saying

10/

“It’s not necessarily the amount of time you put into practice that counts; it’s what you put into practice”

Eric Lindros

11/

**“Practice a thousand hours and you learn self discipline.
Practice ten thousand hours and you learn about yourself”**

Myamoto Musashi

12/

Ability without effort is a waste, yet ability combined with effort is an achievement”

Author Unknown

13/

“Failure is the key to success; each mistake teaches us something”

14/

Veshiba, Morihei

“Pain is weakness leaving your body”

15/

U.S. Marine Corps maxim

“What you lack in flexibility and agility you must make up with knowledge and constant practice”

16/

Bruce Lee

“A good stance and posture reflect a proper state of mind”

17/

Veshiba, Morihei

FIVE SECRETS OF JAPANESE GOJU RYU

Move quickly

Sound, calm mind

Be light in body

Have a clever mind

Master the basics

18/

Yamaguchi, Gogen

“The purpose of training is to tighten up the
slack, toughen the body and polish the spirit”

19/

Veshiba, Morihei

“Empty your mind, be formless like water. Now you put water into a cup, it becomes the cup. You put water into a bottle, it becomes a bottle. You put water in a teapot, it becomes the teapot. Now water can flow, or can it crash! Be water, my friend”

20/

Bruce Lee

“Empty your mind,
be formless like water”

21/

Bruce Lee