

“A black belt is nothing more than a belt that goes around your waist. Being a black belt is a state of mind and attitude”

22/

Rick English

**“Give up thinking as though not giving it up.
Observe techniques as though not observing”**

23/

Bruce Lee

“He who knows others is wise. He who knows himself is enlightened”

24/

Ueshiba, Morihei

“Karate is form of martial arts in which people who had years and years of training can, using only their hands and feet, make some of the worst movies in the history of the world”

Dave Barry

25/

“Deja Fu: The feeling that somehow, somewhere, you’ve been kicked in the head like this before”

Anonymous

26/

“We are much better than we know”

Lance Armstrong

27/

Given enough time, any man can master the physical. With enough knowledge, any man may become wise. It is the true warrior who can master both... and surpass the result”

28/

Tien T'ai

“If nothing within you stays rigid, outward things will disclose themselves. Moving, be like water, Still, be like a mirror. Respond like an echo”

29/

Bruce Lee

“If you know the art of breathing you have the strength , wisdom and courage of ten tigers”

30/

Chinese Adage

You may train for a long time, but if you merely move your hands and feet and jump up and down like a puppet, learning karate is not very different from learning a dance. You will never have reached the heart of the matter; you will have failed to grasp the quintessence of karate-do."

Funakoshi, Gichin

31/

"It's not just self defence, it's about...self control, body discipline, and mind discipline... and breath techniques. It involves Yoga. It involves meditation. It's an art, not a sport."

Elvis Presley.

32/

**“Wax on, wax off, wax on, wax
off**”

Mr Miyagi, Karate Kid Movie

33/

“Karate begins and ends in respect”

Master Anko Itos

34/

***“Humility, Patience, Self Control, Awareness and Self
discipline should always be before Self Defence.”***

Nat Peat Sensei

35/