

# DOJO KUN

## Training Hall Rules



*Together, we seek to cultivate the essence of emptiness,*

*Through focus and discipline, we build a strong foundation,*

*We harmonize mind and body to move with fluidity and grace,*

*Awakening to the nature of strength within us,  
And embracing the enlightened path in all aspects of life.*

*With respect, dedication, and honor,  
We commit to the Ryu Ku Do journey,  
Now and always.*



# DOJO KUN

## Explained!

Welcome to RKD Karate, where we strive to cultivate the warrior spirit through the practice of martial arts. Our dojo kun, or training hall rules, serve as a guiding principle for our training and set the foundation for our growth as martial artists. Join us as we embrace the journey of self-discovery and improvement, both on and off the dojo floor.

**Together, we seek to cultivate the essence of emptiness:** Embracing stillness and mindfulness, we strive to find balance and inner peace in our training and daily lives.

**Through focus and discipline, we build a strong foundation:** With unwavering determination and a disciplined approach, we lay the foundation for growth and mastery in martial arts.

**We harmonize mind and body to move with fluidity and grace:** By unifying our thoughts and actions, we strive to flow effortlessly and gracefully in our movements.

**Awakening to the nature of strength within us:** By tapping into our inner reserves of power and courage, we unlock our full potential and awaken our strength.

**And embracing the enlightened path in all aspects of life:** We seek to bring the wisdom and discipline of martial arts into every aspect of our lives, from physical training to relationships and beyond.

**With respect, dedication, and honour, we commit to the Ryu Ku Do journey, now and always:** With a deep sense of respect for the art and those around us, we dedicate ourselves to the lifelong pursuit of excellence in Ryu Ku Do.

By following our dojo kun, we create a supportive and empowering environment where everyone can reach their full potential. Whether it's through expert instruction, innovative programs, or leadership and support, the RKD Karate team works tirelessly to provide students with the best possible experience and advance the art of karate in new and exciting ways. Join us on this journey and become a part of the RKD Karate community today.