



一、技は烈しく
一、眼はあきらかに
一、身は軽く
一、心は静か
一、気は早急
組手の五原則

Five Principles of Kumite

1. Attack your opponent with a strong spirit, don't think about defense only your attack.
2. Always maintain a calm mind and spirit.
3. Your movement and technique must be polished and smooth.
4. When you look at your opponent, see all of him. Do not fix your gaze on only one spot.
5. Your technique must be sharp.