



**SEICHOU KARATE DOJO KUN
TRAINING HALL OATH**

TRAINING HALL OATH

WE ENCOURAGE
ALL STUDENTS TO

MEMORIZE

THE SEICHOU KARATE
TRAINING HALL OATH

It is our life philosophy and
foundational principle of our
dojo.



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1

I practice Seichou Karate® to refine myself mentally and physically to become a productive member of a peaceful society.



2

I will achieve these goals by being honest, courteous, and sincere in the spirit of self-respect and respect for others.



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3

I will seek our great teachers
and companions who uplift
me, and in turn, I will uplift
others.



4

I will shun negative influences
and purge myself of negative
thoughts.

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5

I will be courageous but never foolhardy.





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6

I will treasure my good health and make
the most of my opportunities.


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7

I will look for the goodness
in others and not dwell on
their shortcomings.





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8

In turn, I am confident that goodness, health, and strength will multiply within me as I practice Seichou Karate® and walk the path of Personal Growth.





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