

## Sosui Ichikawa Goroku (Written record of His words)

1. Self-defence means to protect your house, your family & yourself. Therefore, you should not be injured or killed, you have to be strong. If you are not strong, you cannot protect these things.
2. Karate is to train its skills to kill human-being. Therefore, you must be strong & correct person. In order to become that way, you have to use mind & guts for appropriate techniques.
3. Who would have thought that your fist can break roof tiles, braking timbers, knocking down a man with one blow. It took many hundreds years to reach this point.
4. Punching is like a missile, attach to an opponent like a tentacle, and bang!
5. Budo(Martial path) spirit is important & necessary when using your karate.
6. Fate of “ichigo-iche”(just once in life time), you should embrace this.
7. “Ma”(timing), “Maai”(distance) & Uchu(Universe) are God.
8. Waza (techniques) cannot win against Ma (timing). Maai (distance) surpasses Waza.
9. You can defend it because you are defending it. If you are not defending it, you fail to defend it. You win because you are winning. If you are not winning, you cannot win.
10. Uke (defending) is Kougeki (offending). Kougeki is Uke. Kougeki is the biggest defence.
11. Kicking is for punching sake. Punching is for kicking sake.
12. Don't allow your opponent to have your mind. Therefore, don't give “Ma” to your opponent.
13. You cannot win with just your Waza,, if you do not have your guts. You cannot win without Budo spirit.
14. If you train karate for long time, you have your confidence and spirit. When you make strong spirit, you can make spiritual concentration. If you can make spiritual concentration, your Waza will become automatic with no mind. This is “Munen Muso”. You do karate to this end. Therefore, you have to study. Studying—Training (repetitions)—Spiritual concentration—Munen Muso(no mind).
15. To receive teachings is quick way for learning. Creation is difficult. Learning is easy. But learning only is no use. You must train yourself until you have got it.
16. You must practice “Honmono-no-karate” (Real karate), not “Karate- modoki” (Not real karate).
17. Ichikawa’s Shido-hou (Teaching method) :
  - 1) Initially, I take a good look at and perceive a student.
  - 2) When I speak, you must listen carefully.
  - 3) I demonstrate it. Therefore, you have to steal it.
  - 4) Then, you have to practice it. If you do not understand it, you have to ask me.
  - 5) You have to demonstrate it to me, after you practice it well.
18. Ichikawa’s Shido-kun (Teaching precept): Keganaku, Tsuyoku, Omosiroku, Tadashiku Michibike.  
(Guide your pupils into the right path, with interest, strongly and without injury).

19. To attain “Anjin Ritsumai” (Peaceful mind, stand with immovable mind at any circumstances and leave yourself to Heaven) is the reason for karate training.

20. One of the “Gokui” (ultimate & secrets) of Goju-ryu is “Baneru”, “Muchiru”, “Takoru”, “Mochiru” & “Kamaru”, the Five- “ru”s.

21. **I cannot teach you “Gokui” by a writing book. You have to steal it from me actually doing it.**

22. I would change the world a bit by my own karate.

23. Ichikawa-no-Heihou (Strategy):

1) Know yourself, know your opponent, and when your opponent does not know you, one hundred battles can be won.

2) Ichi-de-taoshite, Ni-de-satsukatsu (Oni-te, Butsushin): First attach and strike to your opponent, secondly kill or not kill opponent (Devil-hand, Buddha-mind).

24. “Docho-Tako-Takokuzushi-Kamanta” is the safe & best way to defeat your opponent.

25. “Tako-Te” (Tentacle-Hand) : Tedako, Tekubidako, Udedako, Higidako, Katadako, Ashidako, Hizadako & Shintaidako.

26. Ultimate “Kamanta” (art of Manta ray) is to contain your opponent by hand touching.

27. Bear in mind, there are a lot of devil`s mind.

28. If your mind is not there, you cannot taste while eating, you cannot see while seeing, you cannot get it while hearing.

29. Grasp your own destiny: Make your own effort and work hard for it.

30. Practice “kihon-waza” (basic techniques) by yourself at your place, if you are “san-dan”(third dan) or above, you have to practice karate almost every day of year.

31. Go back home, if you are not mentally or physically ready to train at karate.

恩師之手形

平成四年一月十六日

