

Did You Know What Karate-Do Means?

Karate-do is distinguished from the mere study of Karate as a training for fighting purposes. It is the *Do* which requires the practitioner to use the martial arts training for purposes of character development and self-defense only. "*Do*" indicates the antithesis of violent action. The mastery of Karate-do demands not only physical technique, but holds as paramount the acquisition of such qualities as:

1. Respect
2. Compassion
3. Fairness
4. Humility
5. Diligence
6. Veracity

Karate-do skills are manifested through principled action, emotional control and decorum, and honesty, which are together commonly referred to as "good sportsmanship" and appropriate citizenship and leadership qualities.

Karate competition as used herein is the opportunity for competitors and officials to practice and display their individual mastery of both Karate techniques and the principles of Karate-do in a controlled, sporting environment.