

## **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 died, you have to be strong. If you are not strong, you cannot protect the above mentioned.
2. Karate is to train its skills to kill human-being. Therefore, you must be strong & correct person. In order to become like that, you have to use mind & guts for appropriate techniques.
3. Who would have imagined that your fist can do braking 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, to 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 by your Waza,, if you do not have your guts. You cannot win without Budo spirit.*
14. If you do train karate for long time, you have your confidence and spirit. When you make strong spirit, you can do spiritual concentration. If you can do spiritual concentration, your Waza 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 actually 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, interestingly, strongly and without injury).
19. To attain “Anjin Ritsumai” (Peaceful mind, stand with immovable mind at any circumstances and leaving yourself to Heaven willing) 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 doing actually.
22. I would change the world a bet 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, Butsu-shin): Firstly knock 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 destiny by your own hand: 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 willing to do karate training.

Translated & written by Hanshi Kenshu.Hideo Watanabe for Summer Gasshuku (camp) in January, 2011