

## COMB 404/405 Shotokan Karate

Fall 2011

### Essay Topic:

Please write a one page essay addressing the following question. The essay is due on Wednesday, December 14 at 2:10 p.m. before our final exam. (*Essay is worth 25 points.*)

技術より心術

*Hitotsu, gijitsu yori shinjitsu*

This is fifth point of the “*Niju Kun*,” a set of twenty guidelines for the practice of Shotokan karate. It is often translated as, “Spirit over (*or* is more than) technique.”

In the context of your practice of karate, what do you think is meant by this statement? How can it apply to the various aspects of Shotokan karate?

*Please word process and print your essay.*