

一期一会

Ichi go, Ichi e

One meeting, One chance



Seize your training time

Each day you have the opportunity to train and improve. If you let it pass by then that opportunity is forever lost



Enjoy each interaction

Value each person for the light they give and do not compare them to the sun, for in a cave - even a candle can save your life.



Life in Every Breathe

If each meeting is to be valued then so too should every breathe. Make each moment, each breathe full of life and joy.

Core Curriculum: Kokoro Series Shoshin Ryu

