

**形や乱取の(略)修行の結果、  
精力善用自他共栄の原理を体得し、  
人生すべての問題を  
解決することが出来る**

**Kata and Randori...yield, as a result of disciplined practice, attainment of the principle of Seiryoku-Zenyo Jita-Kyoei (maximum efficient use of energy and mutual prosperity for self and others), and can resolve all the problems of life.**

