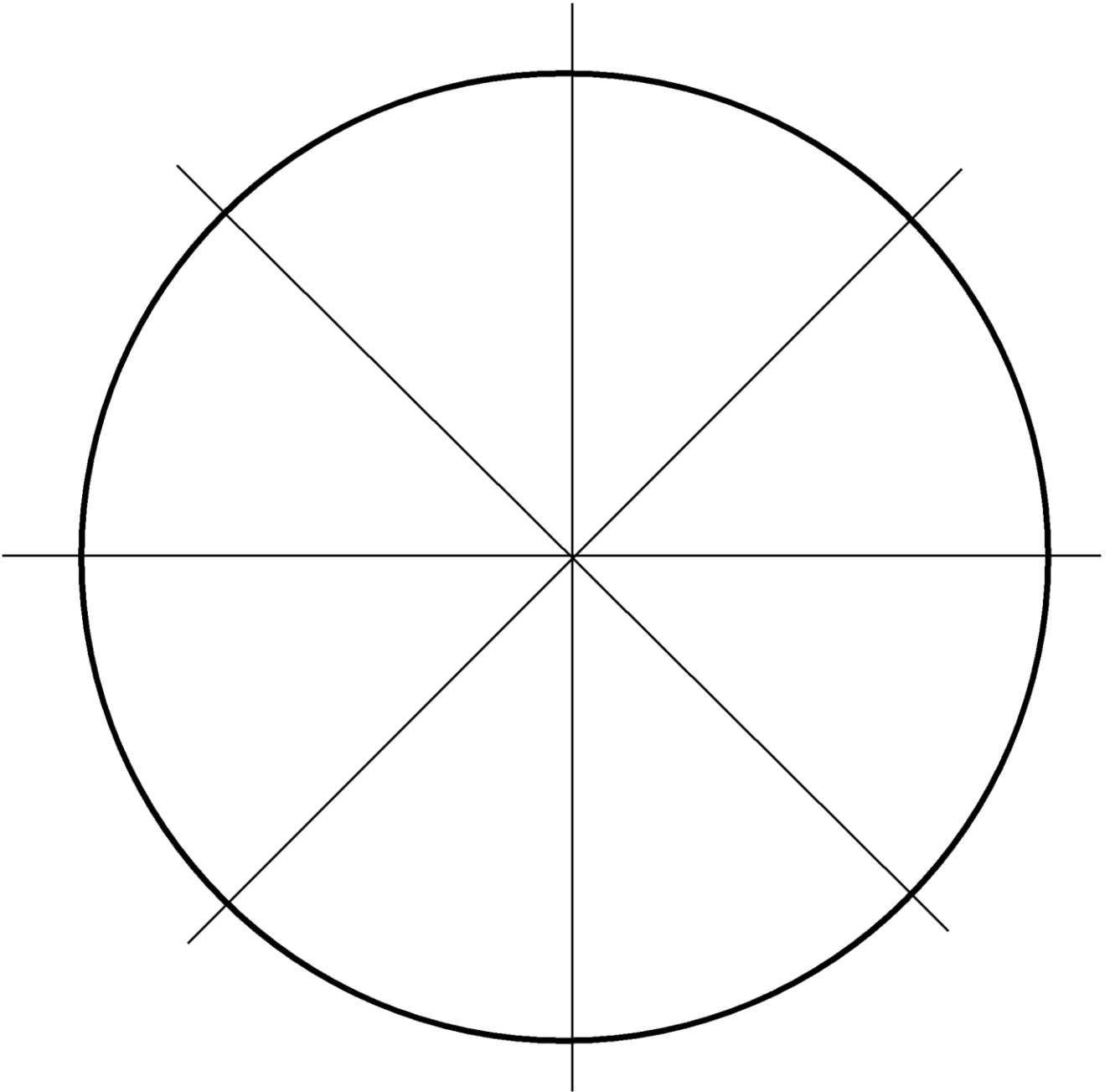


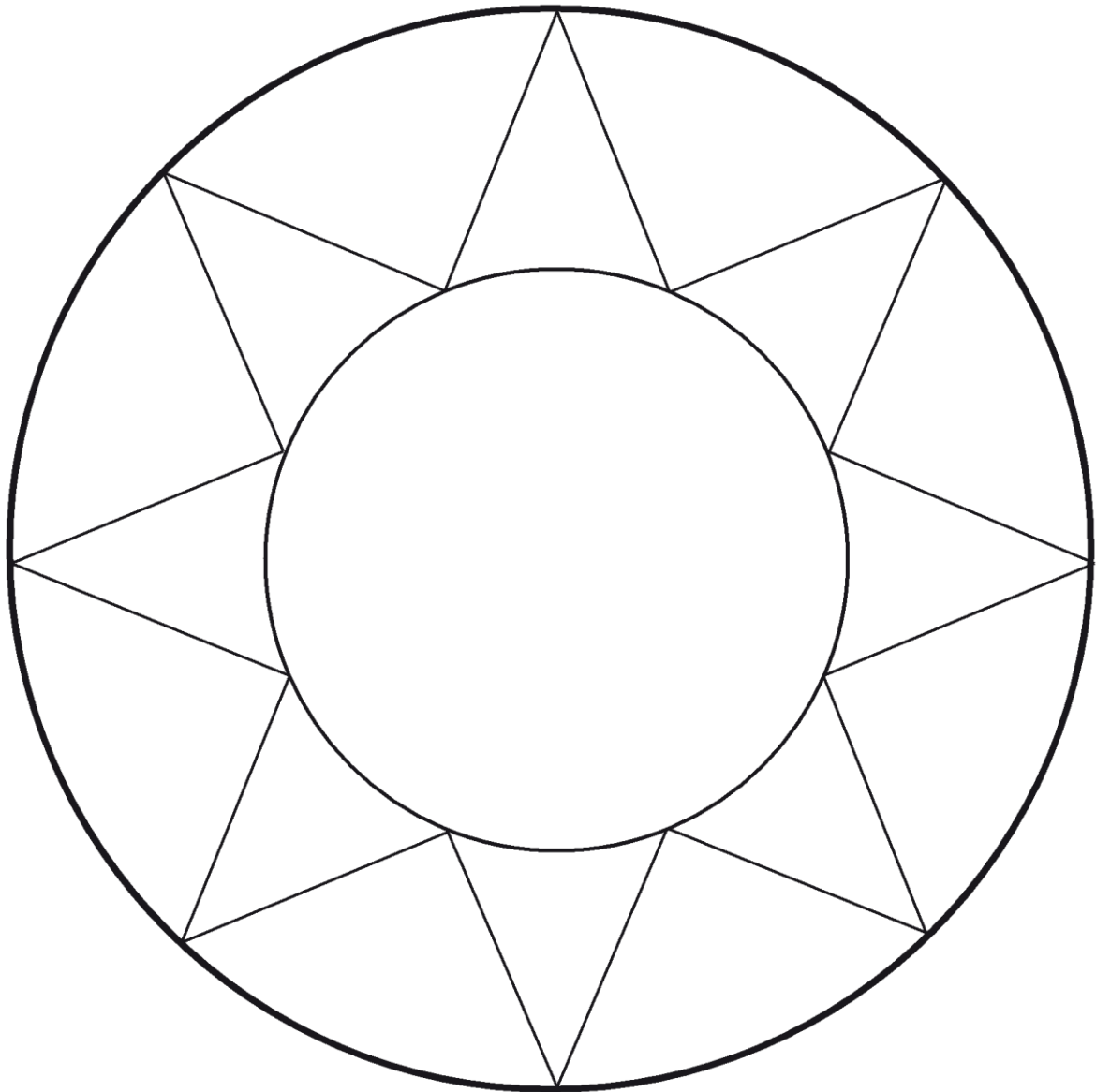
Translation of the Shizendo Mon

Break down of the training principles and concepts behind the image





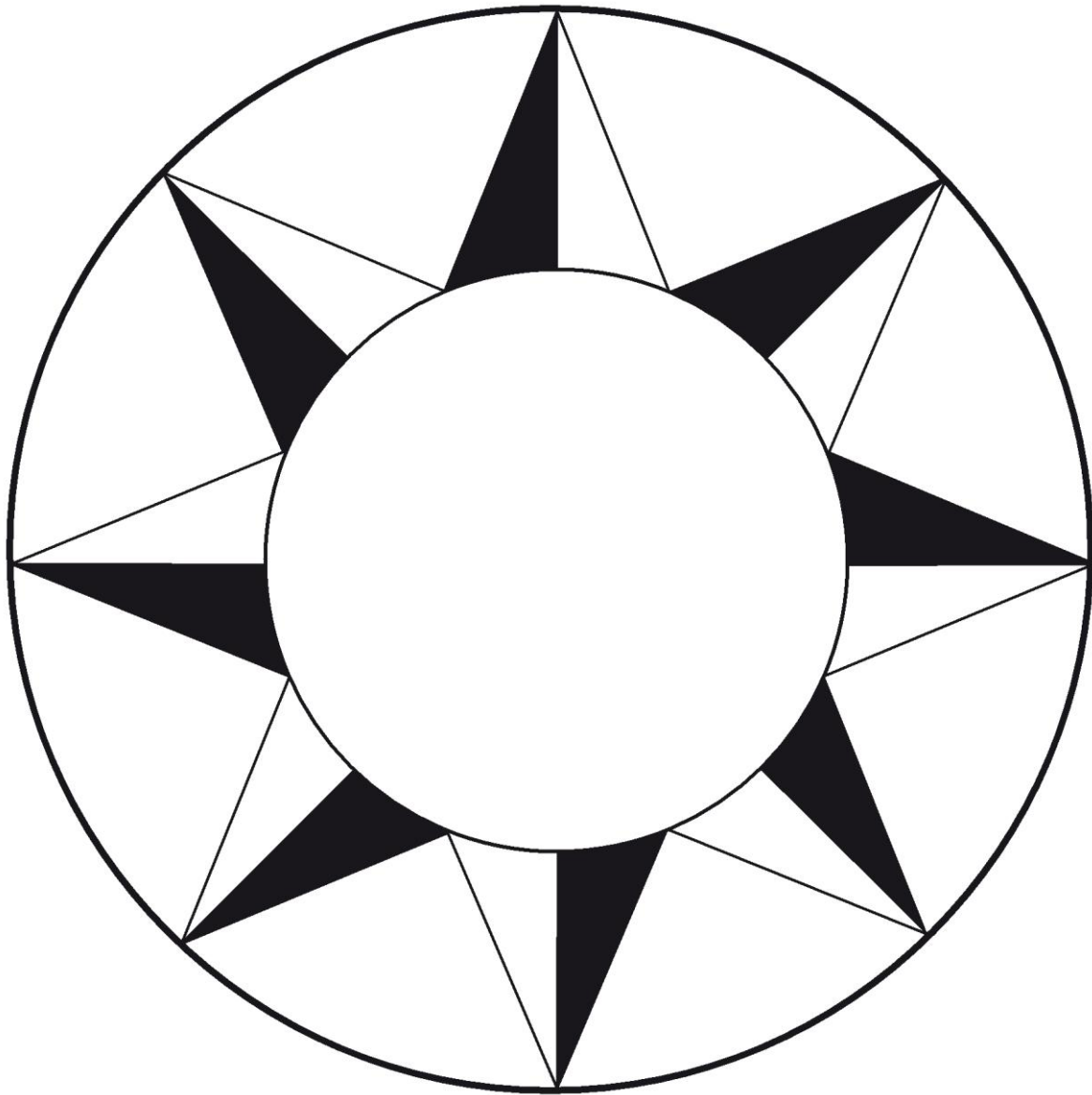
The classics say "look for the straight line within the circle"



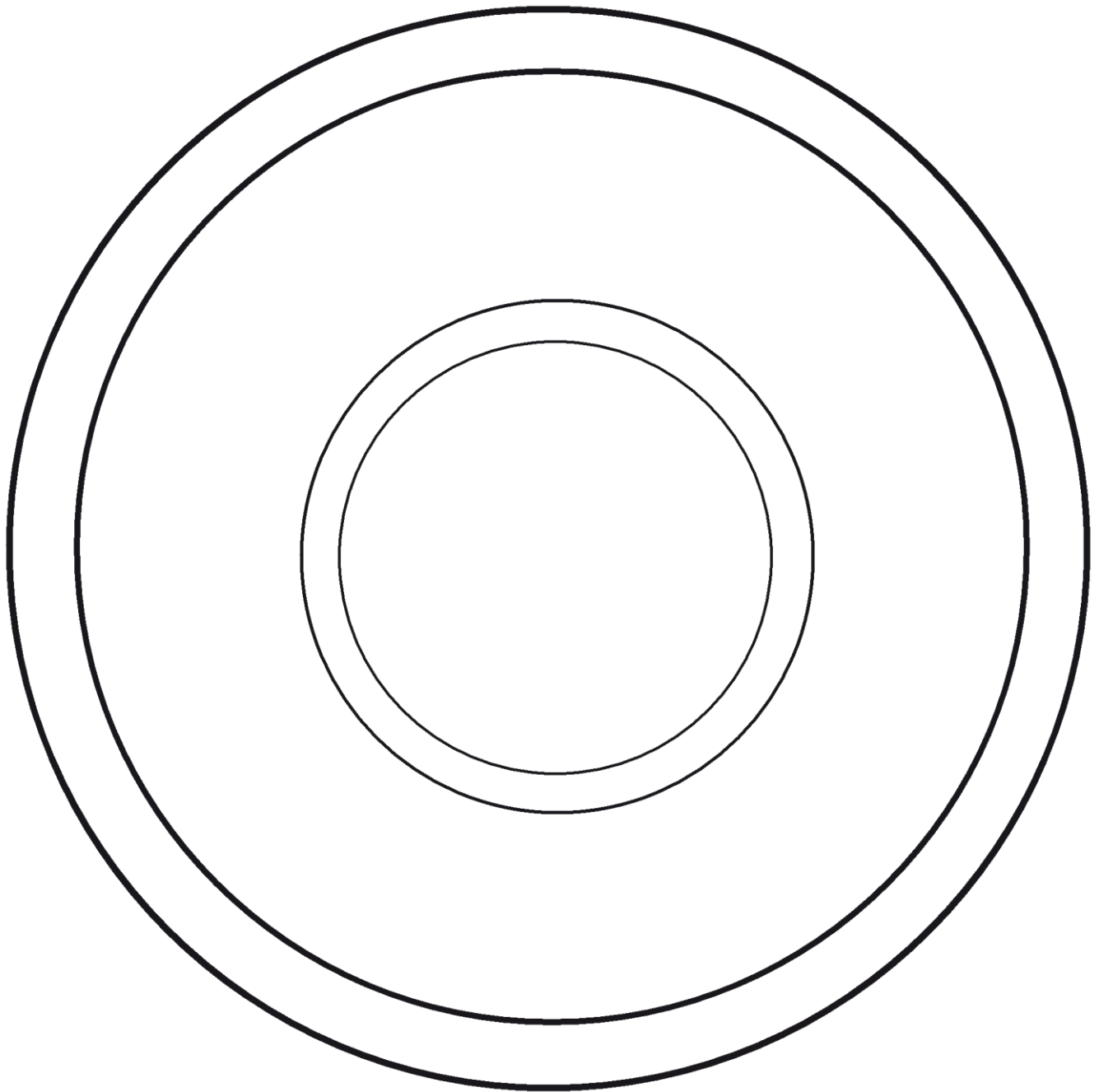
This is depicted by the eight triangles pointing outwards placed within the circle. This implies that our movements revolve to blend with an incoming force, by directing our response to the closest point on our opponent; this is the straight line of the triangle.

Each triangle is divided into black and white, reflecting a **Yin** (soft/absorbing energy) or **Yang** (hard/striking energy). **In Yo** Japanese translation of the same energy

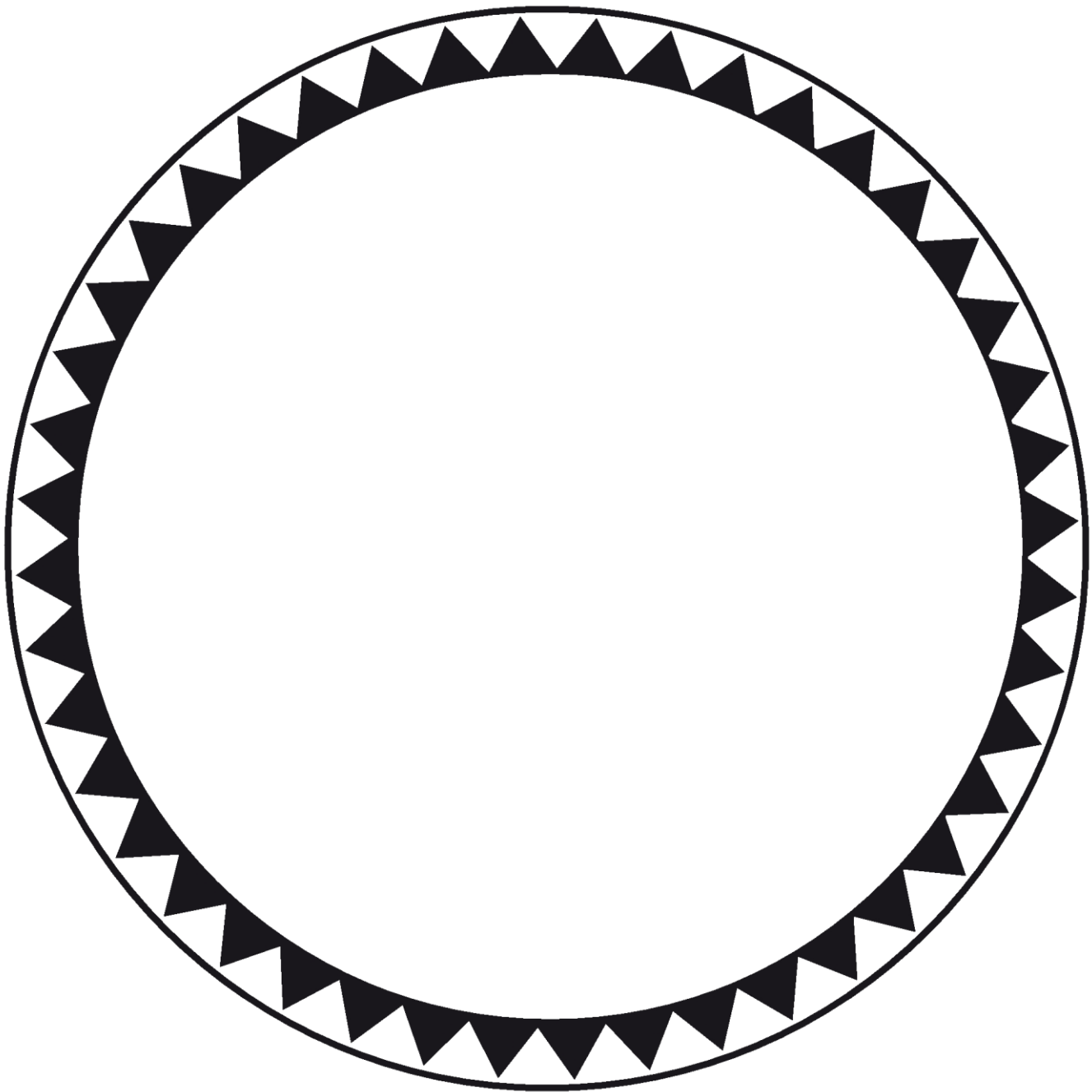
Between the eight triangles can be seen eight further triangular segments pointing inwards representing a hard attack towards us. One of the **Yin Yang** triangles is used simultaneously to meet this force - the **Yang** part is to ground and strike, the **Yin** part is to neutralise or redirect.



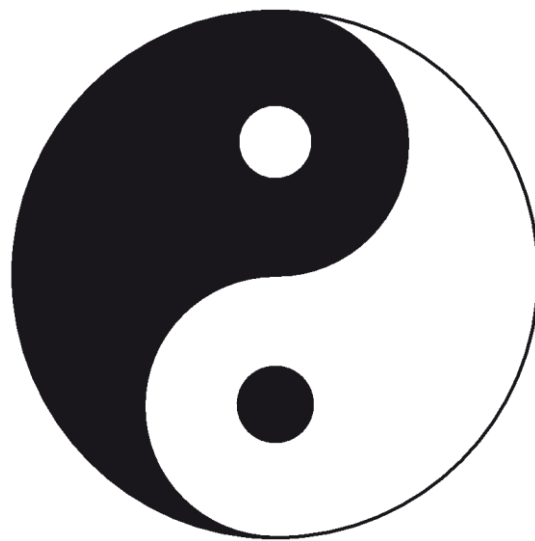
The eight triangles also show the eight directions: North, South, East and West and the four corners at 45 degrees. These are possible angles for both attack and defence and body motion. All points of the triangles are attached to a circle which upon contact will turn and the sixteen gates are the method and its use.



These circles remind us of the four distances: the outside circle would be kicking range; the next is punching range, then trapping range and finally grappling range.



The outer circle, depicting the smaller triangles, is our total awareness to all of the sub-directions. It illustrates the interplay of *Yin* and *Yang* throughout our body as we become like a spinning ball in a constant state of flux expanding and contracting. Inside the circle remains the void, from which all comes and goes, the circle is both empty and complete.



Lastly the ***Yin/Yang*** symbol in the Centre of the Mon is to remind us to internalise these concepts and never to deviate from our centre. Each side shows that we must always have some ***Yin*** in our ***Yang*** and ***Yang*** in our ***Yin***. This way we can achieve balance of the two forces, by balancing we gain control, by control we gain the use, from the use we understand the method, the method is the way (Do in karate).

ENSO means circle. This is represented of the cyclic nature of life and training.



These training principles and concepts are the central method of Shizendo Karate system. You can see these are interchangeable giving raise to infinity.

