



Poem for 3rd Dan

Katas are the meaning of inner wisdom
Atributes to the meaning of Goju Ryu
Techniques need perfection with
Attitude, loyalty and love

So, listen and respect your Sensei
Egotism has no place in the heart of learning and teaching
Proud of training and reaching your ultimate capacity
Apply and practice your learning in mind and mean it for yourself and others
Importantly, enjoy achieving to attain the unbelievable....

by Esref Ulas, December 2007