

# *Shoto Ryu Karate*

*First you Crawl  
Then you Walk  
Then you Run*

*Therefore your motto is*

*Stillness Precedes Motion  
Slowness Precedes Speed  
Softness Precedes Strength*

*Because*

*Stillness, Slowness and Softness*

*Are the Foundations of*

*Motion, Speed and Strength*

