

終局の目的は勝つことにあっても  
そこに到達する順序としては、負ける練習もし  
また負ける恐れはあっても、進んで攻勢に出て種々<sup>しゅじゅ</sup>  
の技を試みて、自分の体を鍛錬しなければならぬ

Even if the final objective is winning,  
in sequence, to achieve that objective,  
one must also practicing losing;  
again, even if there is fear of losing,  
by progressing, coming out as the aggressor,  
trying various techniques,  
you must forge your own body.

