

The 5 K's

KESH

KARA

KANGA

KACCHA

KIRPAN



Meanings

Uncut Hair - Uncut hair and beard, as given by God sustains the Sikh. The turban is considered to be like a crown of spirituality and leadership.



Steel Bracelet - symbolises strength and integrity but also restraint. It is made of steel rather than silver or gold because it is not an ornament.



Wooden Comb - This symbolises a clean mind and body; since it keeps the uncut hair neat and tidy. It symbolises the importance of looking after the body which God has created.



Cotton boxer shorts - This is a pair of breeches that must not come below the knee. They symbolize self control and chastity, a call to faithfulness.

Short dagger - symbolises readiness to protect the weak, and defend against injustice and persecution.

