Sikhism: The 5Ks

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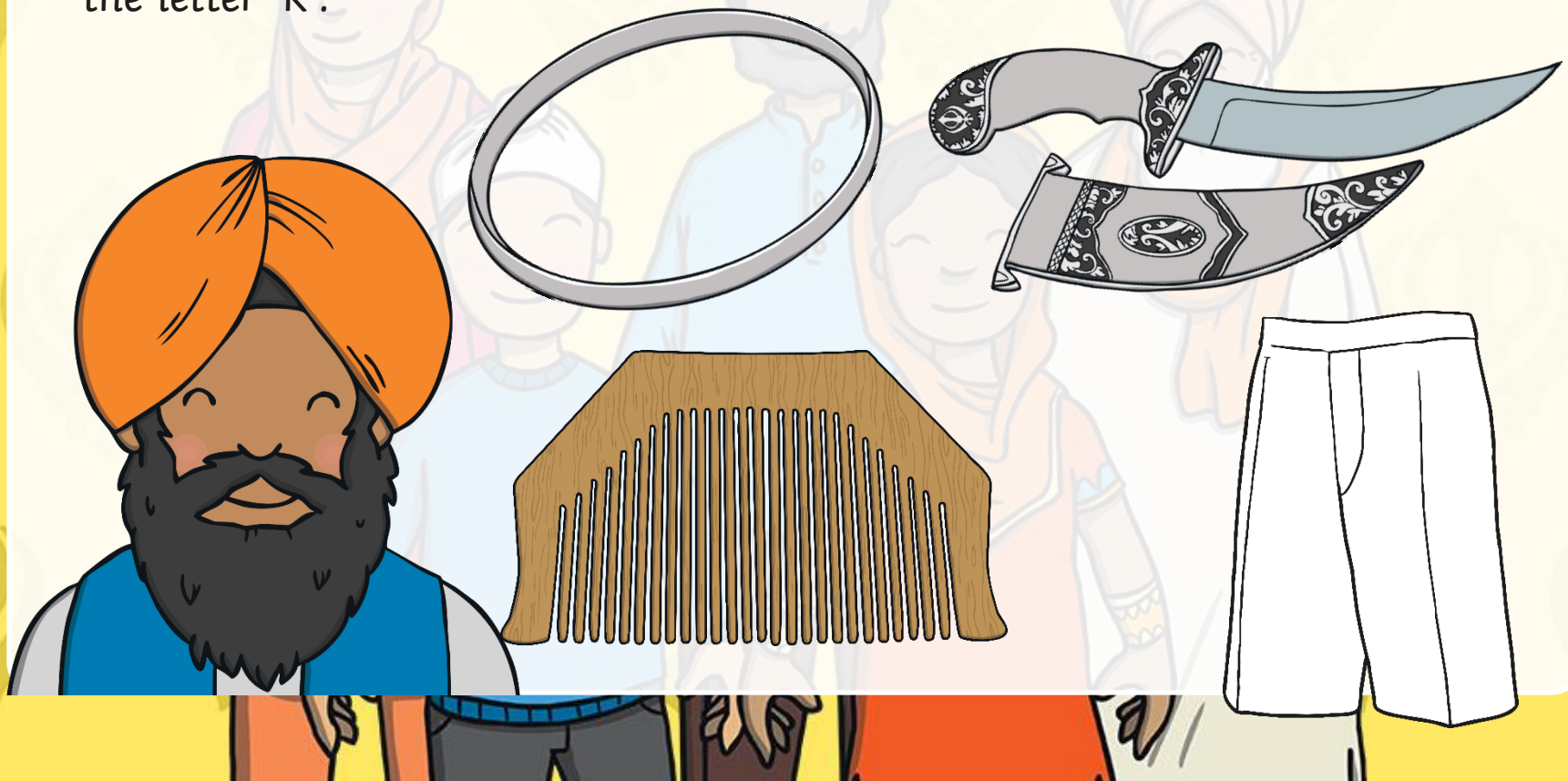
The Five Ks

All men and women who belong to the Khalsa must wear five symbols which shows they are sikh.

They are called the five Ks because in Punjabi their names all begin with the letter 'K'.



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Kesh

Kesh means hair.

Sikhs make a promise to not cut their hair but let it grow as a symbol of their faith.

Sikhs hair gets very long during their life so they wear a turban to keep it tidy.

They believe this demonstrates their obedience to God.

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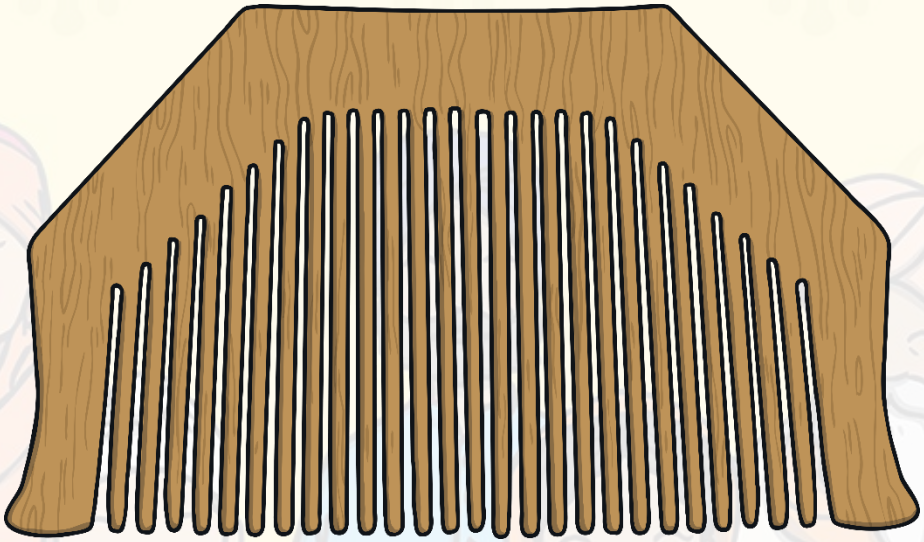
Kangha



The Kangha is a small wooden comb.

Sikhs use this to keep their hair in place and it is a symbol of cleanliness.

Combing their hair reminds Sikhs that their lives should be tidy and organised.

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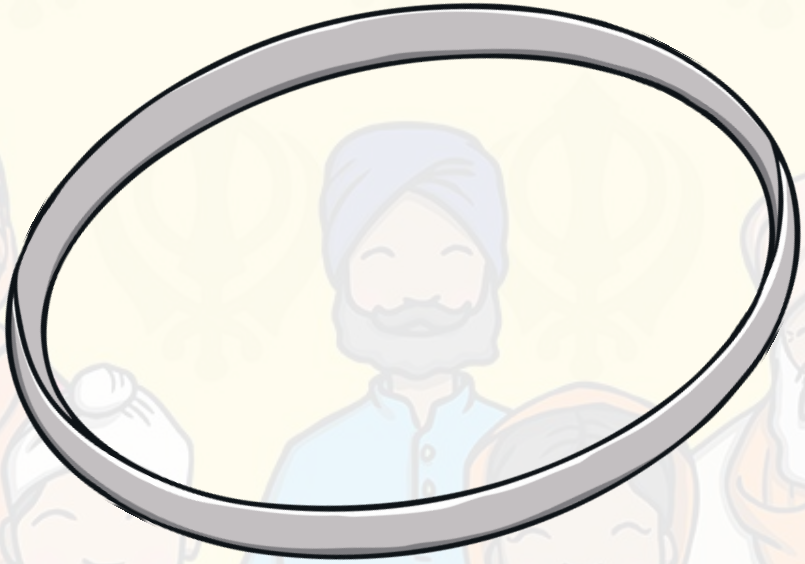
The Kara



The Kara is a steel bangle worn on the arm of Sikhs.

It is a continuous circle with no beginning and no end.

It reminds Sikhs to behave well, follow their faith and restrain from doing wrong.

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The Kachera

The Kachera are short trousers worn as underwear. These are more practical than long loose clothes most people in India wore at the time of Guru Gobind Singh.

They are a symbol of leaving old ideas behind and following new better ones.

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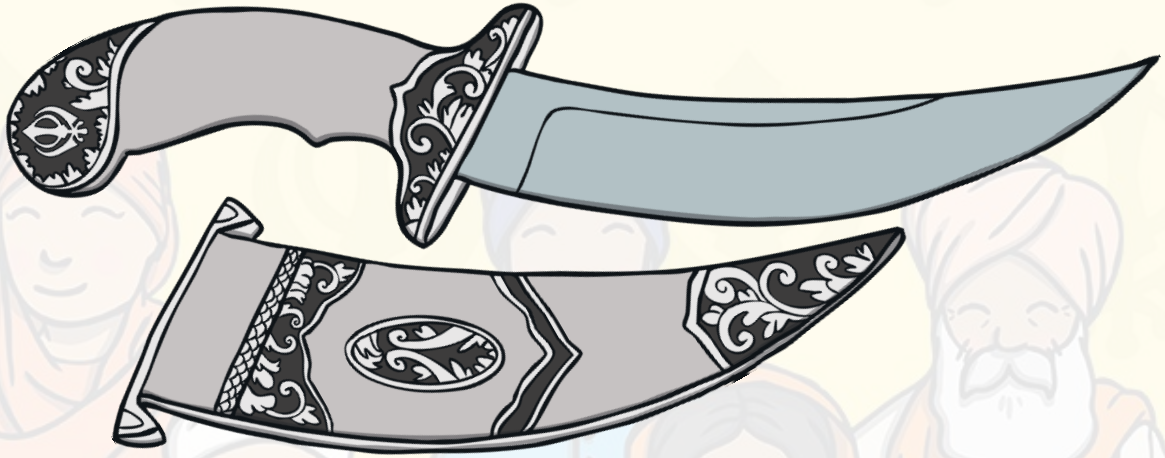
The Kirpan



The Kirpan is a warrior's sword. These days a very tiny one is worn as a symbol of dignity and self respect.

It reminds Sikhs that they must fight a spiritual battle, defending what is right and upholding the truth.

The last two are a reminder that Sikhs are warriors and should always fight for what is right.

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