

Khes (Hair) – Not cutting our hair means that we are naturally Sikhs. We are born Sikhs and can choose to remain Sikhs from birth to death. We can change who we are or what we represent by changing our natural state by changing our natural appearance (eg. Cutting our hair)

Kunga (Comb) – this is logically to keep our hair neat and tidy. Respect for life and others begins with respect for oneself. Take pride in our personal appearance and paying attention to our personal hygiene is the starting point for a successful life.

Keshara (Shorts) – at the time of the forming of Sikhism the Sikh warriors needed to be ready to fight at anytime. Having shorts that each person could sleep and get up and be ready quickly was important. The Keshara was the early version of underpants. (Sikhs will never be caught with their pants down!!!)

Kara (Bracelet) - before Sikhism babies had a thread tied to their wrist to symbolise eternity and strength. The circle was to represent something that has no beginning and no end. The Sikh gurus introduced the steel bracelet as it was a better symbol of strength and eternity than string.

Kirpan (Sword) – the sword represents the Sikhs willingness to fight for what is right. Sikhs have a responsibility to stand up for disadvantaged or oppressed peoples that are being treated unfairly. In Christian terms Sikhs do not turn the other cheek. They fight to protect the rights and freedom of all human beings.