



Aikido of Champlain Valley

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The Seven Principles of Bushido: The Way of The Warrior

1. Honesty and Justice (GI)

A martial artist always tells the truth, even if it is hard to do so. He is honest with all people.

- ◆ *You break something in your friend's house. Instead of blaming the family cat, you come forward and tell the truth to your friend's parents. You also offer to replace the broken item.*

2. Polite Courtesy (REI)

A martial artist is courteous and polite to everyone. She is never cruel, and does not need to prove her strength by bullying others. She shows respect and consideration to everyone.

- ◆ *You bump into a stranger on the street and they drop their belongings. You stop to apologize and help them to pick up their packages.*
- ◆ *You are playing a game of basketball, and are the star player on the team. You get the ball in your hands and have a perfect chance to make a basket. Instead, you pass the ball to a teammate who never gets the chance to try to score.*

3. Heroic Courage and Bravery (YU)

A martial artist protects those who cannot protect themselves, or who are afraid. He does not resort to violence, but uses calm wisdom and reasoning. Heroic courage is not blind, but intelligent and thoughtful. It is trying something new and challenging.

- ◆ *You are terrified to get up in front of others, yet you decide to test for your yellow belt. You invite your whole family to come and watch.*
- ◆ *A bully at school tells you to push over a younger kid. You refuse because you know it is wrong.*

4. Honor and Integrity (MEIYO) A martial artist is her own judge of honor. Decisions she makes and her actions reflect who she really is as a person. She always asks herself: is this the honorable and correct thing to do?

- ◆ *You find a wallet on the street that is full of cash. Instead of stealing the money and ditching the wallet, you take it all to the police so they can find the rightful owner.*

5. Compassion (JIN)

The martial artist helps others at every opportunity. His actions are not selfish, but for the good of everyone. He is considerate of the feelings of others, and does not discriminate against those who are different from him. It is easy to fight or be cruel, but to show compassion for others is true strength.

- ◆ *There is a new kid at school who doesn't know anyone. You introduce yourself, and offer to introduce her to your friends.*
- ◆ *There is a big snowstorm, and your elderly neighbor is struggling to shovel his driveway. You grab your shovel and lend a hand.*

6. Complete Sincerity, Genuine Earnestness (MAKOTO)

When a martial artist says she will complete a job, she does it. She does not go back on her word, or need to promise she will do it "later." She is humble to those who have more knowledge or experience than her, and is open to correction or teaching.

- ◆ *A teacher shows you a mistake you made in a technique. You are happy for the correction because you know it will help you improve. You give the teacher a sincere "thank you" and try again.*

7. Duty and Loyalty (CHU)

A martial artist cares for his home, dojo, school, parents, teacher and friends. He gives assistance where needed without asking for anything in return, and demonstrates a willingness to help those who help him become a better person.

- ◆ *Your father asks you to wash the dishes after dinner. You do it without complaint, and even offer to dry them and put them away.*
- ◆ *The dojo has printed flyers advertising a new class. You take ten posters and hang them up around town.*

Can you think of any other examples?