

## The Eight Virtues of the bushido code:

Bushi ~ warrior – Do ~ way. Warrior way **or** way of the warrior:



1. **Justice:** Justice is a core value of the Samurai. Incorporating the Bushido principle of justice into your life requires reflecting on what is fair and upholding the value of upstanding moral character.
2. **Courage:** Courage, like justice, entails deciphering what is right and wrong. Courage requires the strength not only to perceive but also to act.
3. **Compassion:** Compassion is the ability to manifest love and sympathy through patience. It also requires attempting to see the world from the perspective of another. This is an especially important trait for those in a leadership role.
4. **Respect:** Respect means that you acknowledge your regard for the experiences and feelings of others. In order to collaborate with another person, politeness must be employed.
5. **Integrity:** In order to practice many of the other principles listed, one has to maintain integrity. This means living honestly and sincerely.
6. **Honor:** Samurai were warriors who upheld a sense of self worth and lived by the highest code of conduct. In order to abide by the principle of honor, you must acknowledge your moral responsibilities.
7. **Loyalty:** First, stay true to yourself. When fealty is given to another, this must not be abandoned even under difficult circumstances.
8. **Self-control:** Self-control in the Bushido code means adhering to this code under all circumstances, when with others and when alone. Not every iteration of the Bushido code includes self-control, but the book *Bushido: The Soul of Japan* written by Inazo Nitobe highlights its importance.

**“The ultimate aim of karate lies not in victory nor defeat, but in the perfection of the character of its participants” Gichin Funakoshi**

Student to Bruce Lee: “You teach me to fight but you speak of peace. How do you reconcile the two?”

Bruce Lee to student: “It is better to be a warrior in a garden than a gardener in a war.”

Karate-do: Kara ~ empty, Te ~ hand, Do ~ way. The way of the empty hand.