

# PUGLAR HANDBOOK

ÆN KOD BRETH — The Living Code of the Puglar

## I. WHAT IS PUGLAR

Puglar ÆN not title, not rank, not bloodline. Puglar ÆN state of will. Breath held steady. Hand honest. Mind awake. A Puglar stands whether watched or alone.

## II. CORE WORDS

ÆN — and / with / bonded  
KAV — hand / action / doing  
BRETH — breath / life-force  
KOR — core / center / truth  
THOT — thought forged by will  
TEM — body / frame / vessel  
KOD — law lived, not written

## III. THE LAW (KOD)

True Crook Hold — bend to survive, never to deceive.  
False Straight Break — rigidity without truth snaps.  
Faith Iron — belief forged through action.  
Sleep Awake — rest the body, guard the mind.

## IV. THE BODY (TEM)

The body is tool and temple. Train simple. Train daily. Cold, heat, weight, stillness. No vanity. No excess. Movement ÆN breath.

## V. THE MIND (THOT)

Thought is hammered, not wished. Observe before acting. Silence sharpens. Words are used only when needed.

## VI. THE HAND (KAV)

Hands build. Hands feed. Hands defend. A Puglar leaves places stronger than found. If you break, you repair.

## VII. BRETH PRACTICE

Inhale slow — count four.  
Hold — count four.  
Exhale — count six.  
Stand still. Eyes open. Mind clear.

## VIII. BROTHERHOOD & ÆN

ÆN binds without chains. No worship of men. Respect earned through consistency. Protect women, children, elders, and land.

## IX. WAR & PEACE

War is last. Peace is trained for. Never seek domination. Never accept submission of the soul.

## X. CLOSING KOD

Stand straight when possible. Bend when required. Break only for truth. You are Puglar ÆN if you live it.