

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.