



KYOSHIN DOJO

www.kyoshindojo.org

Seven Virtues

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Honor

名
誉

Honor is a frequently used term but it can have so many interpretations that it is often misunderstood, if it is even understood at all. In our not too distant past duels to the death have been fought in order to save one's personal honor or the honor of a loved one or one's family honor. But what does that mean? Honor can be defined as honesty, fairness, integrity, a strong sense of ethical conduct, or to show great respect for someone or something. When honor is used in this context it is hard to find a need to defend one's honor. These definitions are concerned with internal values and are not based on what someone else thinks, says or does.

However, honor can also be defined as pride, high public esteem, or fame. When honor is used in this context it is easy to see why one would have a need to defend one's honor or more accurately one's pride or feeling of importance.

Loyalty

忠
義

Loyalty is the quality or state of being loyal. Loyal means to be firm and not changing in your friendship with or support for a person or an organization, or in your belief in your principles. In this case loyalty to the sensei and the dojo are required to progress beyond the intermediate levels because only the most trusted students will be shown advanced techniques. Loyalty can also be defined as a faithfulness to commitments or obligations. This implies a sense of duty not only to the dojo but the principles of the dojo as well.

Self-Discipline

修

Discipline can be defined as training or instruction that corrects, molds, develops, improves or perfects the mental faculties, moral character, or a particular skill. *Self* means that you apply this discipline to yourself. Basically, self-discipline can be defined as the ability to make yourself do things you know you should do even when you do not want to.

But self-discipline can also be defined as the ability to control yourself even in difficult situations. This implies a restraint exercised over one's own impulses, emotions, or desires. In this respect it is synonymous with self-control.

Other traits that come to mind when one talks of self-discipline are self-evaluation, self-examination, self-observation, and self-reflection. Self-discipline can also be considered one of the foundations or building blocks of dignity.

Integrity

正
直

Integrity is defined as being honest and having strong moral principles that you refuse to change. To be honest means a refusal to lie, steal, or deceive in any way. This firm adherence to moral and ethical principles is what enables a person to be trusted. In fact, integrity implies trustworthiness and incorruptibility to a degree that one is incapable of being false to a trust, responsibility, or pledge.

Integrity is not only related to honor and loyalty but integrity is required in order to have honor and loyalty. All three virtues are absolutely necessary in the dojo.

Perseverance

我慢

Perseverance can be defined as a constant persistence or maintaining a resolute and unyielding attitude in a course of action, purpose, or thought in spite of difficulties, obstacles, or discouragement.

Persistence is the quality of being diligent and having endurance in order to overcome obstacles and to remain committed even over a long period of time. Someone with perseverance is steadfast and unwavering with a strong sense of duty. In fact, perseverance requires loyalty and discipline. Without perseverance a student will never achieve advanced levels of learning within the dojo.

Courtesy

我慢

Courtesy can be defined as excellence of manners or social conduct, or polite behavior. *Manners* can be described as a person's outward bearing or a way of speaking to and treating others. The word *polite* can mean behaving in a way that is socially correct and shows awareness of and caring for other people's feelings.

Courtesy or courteousness is also similar to nobleness, generosity, and benevolence. Noble means having high moral qualities or ideals proceeding from, characteristic of, indicating or displaying, greatness of character. Generosity implies a warmhearted readiness to give and benevolence is a disposition to do good or a desire to promote the happiness of others.

In the dojo courtesy, good manners and polite behavior indicate a readiness to learn and a willingness to share what is learned with others. Courtesy also indicates the proper spirit necessary to be allowed to learn advanced techniques.

Indomitable Spirit

心
強
硬

Indomitable is something that cannot be subdued or overcome such as a person, will, or courage. It can be used to describe someone who is strong, brave, determined, and difficult to defeat or frighten. Indomitable can also imply a tenacity which is a mental or moral strength to resist opposition, danger, or hardship. Spirit can have many meanings but, in this case it refers to a special attitude or frame of mind. Spirit, in this case, also suggests a quality of temperament enabling one to hold one's own or keep up one's morale when opposed or threatened.

Courage, bravery, valor, and fortitude all refer to qualities of spirit and conduct. Courage permits one to face extreme dangers and difficulties without fear. Bravery implies true courage with daring and an intrepid boldness. Valor implies heroic courage. Fortitude is bravery over a long period of time. An indomitable spirit utilizes all these qualities to have the mental or moral strength to not only persevere and withstand danger, fear, or difficulty but, to overcome them.