

## Discipline-Related Sayings that Speak Truth for All Kendōka

The maxim retrieved from Kendo Shidō (Leadership) Curriculum by Marukamebudōkan-issinkai (丸亀武道館一心会)  
(We welcome comments for better translation; better tone/rhythm and choice of word/phrase)

- 0 1. 挨拶<sup>あいさつ</sup>を交<sup>か</sup>わすことが、心<sup>こころ</sup>を交<sup>か</sup>わすことの始<sup>はじ</sup>まりである。(English translation follows)  
An exchange of greeting is a beginning of an exchange of opening heart.
  - 0 2. 人を大切<sup>たいせつ</sup>に思<sup>おも</sup>う心<sup>こころ</sup>の現<sup>あらわ</sup>れが礼儀<sup>れいぎ</sup>となり社会秩序<sup>しゃかいちつじよ</sup>の基<sup>もと</sup>となる。(English translation follows)  
Manners of thoughtful heart that respect others become foundations of social order.
  - 0 3. 伸<sup>のび</sup>びる人は終始<sup>しゅうしどりよく</sup>努力<sup>どりよく</sup>し、生<sup>なま</sup>き詰<sup>つ</sup>まる人は気付<sup>きづ</sup>かぬ所<sup>ところ</sup>で怠<sup>なま</sup>けている。(English translation follows)  
One who grows makes efforts consistently, but others who fail play tardiness without him noticing it.
  - 0 4. 自分<sup>おのれ</sup>の評価<sup>ひやうか</sup>は他人<sup>たにん</sup>が決<sup>き</sup>める、自慢<sup>じまん</sup>しても値打<sup>ねうち</sup>ちは上<sup>あ</sup>がらぬ。(English translation follows)  
There's no value boasting yourself because your evaluation is determined by others.
  - 0 5. 額<sup>ひたい</sup>に汗<sup>あせ</sup>して得<sup>え</sup>たものでなれば真<sup>まこと</sup>の財産<sup>ざいさん</sup>にならない。(English translation follows)  
What you gain without the sweat on your brow is not a true possession.
  - 0 6. いつでも出来<sup>でき</sup>ると思<sup>おも</sup>う気持<sup>きもち</sup>ちは怠<sup>なま</sup>ける心<sup>こころ</sup>から生<sup>なま</sup>じる。(English translation follows)  
The feeling you can do that anytime comes from your heart of laziness.
  - 0 7. 耐<sup>た</sup>え忍<sup>しの</sup>ぶこと<sup>こと</sup>の尊<sup>とうと</sup>さはそれ<sup>それ</sup>を乗<sup>の</sup>り越<sup>こ</sup>えた者<sup>もの</sup>しか味<sup>あじ</sup>わえない。(English translation follows)  
Values of perseverance can only be understood by the one who has overcome it.
  - 0 8. 希<sup>き</sup>望<sup>ぼう</sup>は強<sup>つよ</sup>い勇<sup>ゆう</sup>気<sup>き</sup>でもあり、新<sup>あたら</sup>しい意<sup>い</sup>志<sup>し</sup>である。(English translation follows)  
Hope is new will as well as strong courage.
  - 0 9. 感<sup>か</sup>謝<sup>しゃ</sup>の生<sup>せい</sup>活<sup>かつ</sup>は当<sup>あた</sup>り前<sup>まへ</sup>のこ<sup>こと</sup>が有<sup>あ</sup>り難<sup>がた</sup>く思<sup>おも</sup>えるこ<sup>こと</sup>から始<sup>はじ</sup>まる。(English translation follows)  
Feeling thankful for an ordinary thing is a beginning of graceful life.
  - 1 0. 過<sup>か</sup>保<sup>ほ</sup>護<sup>ご</sup>は親<sup>おや</sup>の自<sup>じ</sup>己<sup>こ</sup>満<sup>まん</sup>足<sup>そく</sup>であ<sup>あ</sup>って育<sup>そだ</sup>てる子<sup>こ</sup>供<sup>ども</sup>を我<sup>われ</sup>が儘<sup>まま</sup>にする。(English translation follows)  
Over-protection is parent's self-satisfaction; the child gets spoiled and becomes selfish.
  - 1 1. 安<sup>あん</sup>逸<sup>いつ</sup>だけ<sup>だけ</sup>を望<sup>のぞ</sup>んでい<sup>い</sup>ると何<sup>なに</sup>でもな<sup>な</sup>いこ<sup>こと</sup>が苦<sup>くる</sup>にな<sup>な</sup>って<sup>て</sup>くる。(English translation follows)  
Wanting laziness invites anxiety over the things that are nothing difficult to do.
  - 1 2. 人<sup>ひと</sup>の意<sup>い</sup>見<sup>けん</sup>をま<sup>ま</sup>ず聞<sup>き</sup>くこ<sup>こと</sup>が強<sup>きょう</sup>調<sup>ちょう</sup>への第<sup>だい</sup>一<sup>いつ</sup>歩<sup>ぽ</sup>である。(English translation follows)  
Listening first to opinions of others is the first step to emphasize it.
  - 1 3. 言<sup>こと</sup>い訳<sup>わけ</sup>がうま<sup>うま</sup>なるほ<sup>ほ</sup>ど向<sup>むか</sup>上<sup>じやう</sup>への道<sup>みち</sup>が閉<sup>と</sup>ざさ<sup>さ</sup>れて<sup>い</sup>く。(English translation follows)  
The way to bettering oneself is shut out as one becomes expert in telling excuses.
  - 1 4. 自<sup>おの</sup>れ<sup>れ</sup>の才<sup>さい</sup>能<sup>のう</sup>を疑<sup>うたが</sup>うな、意<sup>い</sup>欲<sup>よく</sup>と努<sup>と</sup>力<sup>りき</sup>こそが才<sup>さい</sup>能<sup>のう</sup>である。(English translation follows)  
Don't doubt one's ability; the ability is one's will and effort.
  - 1 5. 他<sup>た</sup>人<sup>にん</sup>の批<sup>ひ</sup>判<sup>はん</sup>はし<sup>し</sup>や<sup>や</sup>す<sup>す</sup>いが自<sup>おの</sup>れ<sup>れ</sup>の批<sup>ひ</sup>判<sup>はん</sup>は受<sup>い</sup>け<sup>がた</sup>容<sup>り</sup>れ<sup>がた</sup>難<sup>い</sup>い。(English translation follows)  
It's easy to criticize others, but hard to accept criticism from others.
  - 1 6. 不<sup>ふ</sup>満<sup>まん</sup>に思<sup>おも</sup>える身<sup>み</sup>近<sup>ぢか</sup>な人<sup>ひと</sup>から自<sup>おの</sup>れ<sup>れ</sup>は鍛<sup>きた</sup>え<sup>え</sup>られ磨<sup>みが</sup>か<sup>か</sup>れて<sup>い</sup>く。(English translation follows)  
We are trained and polished by immediate family members or friends with whom you are discontent.
  - 1 7. 思<sup>おも</sup>い悩<sup>なや</sup>むよ<sup>より</sup>言<sup>こと</sup>って<sup>て</sup>み<sup>み</sup>よ、行<sup>こう</sup>動<sup>どう</sup>の中<sup>なか</sup>から道<sup>みち</sup>が開<sup>あ</sup>ける。(English translation follows)  
Say what you want to do than think and worry; you can open your way from your actions.
- P.S. 剣<sup>けん</sup>は心<sup>こころ</sup>なり。心<sup>こころ</sup>正<sup>ただ</sup>しからざれば剣<sup>けん</sup>また正<sup>ただ</sup>しからず。剣<sup>けん</sup>を学<sup>まな</sup>ばんと欲<sup>ほ</sup>すれば先<sup>ま</sup>ず心<sup>こころ</sup>より学<sup>まな</sup>ぶべし。(島田虎乃助)  
Ken is "heart." If your heart is not upright your Ken is not right; if you want to learn Kendo, you should learn first about your heart. This maxim is deeper meaning of "剣一心," "剣心一如," or "剣心一致."