

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^{あいさつ}を交^かわすことが、心^{こころ}を交^かわすことの始まりである。(English translation follows)
Greetings are the beginning of heart-to-heart exchange.
 - 0 2. 人を大切に思^{おも}う心^{こころ}の現^{あらわ}れが礼儀^{れいぎ}となり社会秩序^{しゃかいちつじよ}の基^{もと}となる。(English translation follows)
Thoughtful heart for others manifests politeness and foundation of social order.
 - 0 3. 伸びる人は終始^{しゅうしどりよく}努力^{つと}し、生き詰^{きつ}まる人は気付^{きづ}かぬ所^{なま}で怠^{なま}けている。(English translation follows)
One who grows makes efforts consistently, but ones who fail show laziness without them noticing it.
 - 0 4. 自分^{ひようか}の評価^{ひようか}は他人^{たにん}が決^きめる、自慢^{じまん}しても値打^{ねうち}ちは上^あがらぬ。(English translation follows)
There's no value boasting yourself because others determine your evaluation.
 - 0 5. 額^{ひたい}に汗^{あせ}して得^えたものでなければ真^{まこと}の財産^{ざいさん}にならない。(English translation follows)
What you gained without sweat on your forehead does not become a real asset.
 - 0 6. いつでも出来^{でき}ると思^{おも}う気持^{なま}ちは怠^{なま}ける心^{こころ}から生^なじる。(English translation follows)
The feeling you can do it anytime comes from your heart of laziness.
 - 0 7. 耐^たえ忍^{しの}ぶこと^{こと}の尊^{とうと}さはそれ^{それ}を乗^のり越^こえた者^{もの}しか味^{あじ}わえない。(English translation follows)
Unless one overcomes perseverance, no one can taste the values.
 - 0 8. 希^き望^{ぼう}は強^{つよ}い勇^{ゆう}気^きでもあり、新^{あたら}しい意^い志^しである。(English translation follows)
Hope is new will as well as strong courage.
 - 0 9. 感^か謝^{しゃ}の生^{せい}活^{かつ}は当^{あた}り前^{まへ}のこ^{こと}が有^あり難^{がた}く思^{おも}えること^{こと}から始^はまる。(English translation follows)
Feeling thankful for ordinary things is the beginning of a grateful life.
 - 1 0. 過^か保^ほ護^ごは親^{おや}の自^じ己^ご満^{まん}足^{そく}であ^あって育^{そだ}てる子^こ供^{ども}を我^{われ}が儘^{まま}にする。(English translation follows)
Over-protection is parent's self-satisfaction, and the child raised gets spoiled and becomes selfish.
 - 1 1. 安^{あん}逸^{いつ}だけ^{だけ}を望^{のぞ}んでい^いると何^{なに}でもな^ないこ^{こと}が苦^{くる}にな^なって^てくる。(English translation follows)
One who seeks only easy life becomes painful to do things that are nothing complicated.
 - 1 2. 人^{ひと}の意^い見^{けん}をま^まず聞^きくこ^{こと}が強^{きょう}調^{ちょう}へ^への第^{だい}一^{いち}歩^ぽである。(English translation follows)
Listening to a person's opinion, first is the first step to emphasis.
 - 1 3. 言^{こと}い訳^{わけ}がうま^{うま}くなるほ^{ほど}向^{むか}上^{じやう}へ^への道^{みち}が閉^とざさ^されて^てい^いく。(English translation follows)
The better the excuse, the closer the road to improvement.
 - 1 4. 自^じ分^{ぶん}の才^{さい}能^{のう}を疑^{うたが}うな、意^い欲^{よく}と努^と力^{りき}こそ^{こそ}が才^{さい}能^{のう}である。(English translation follows)
Don't doubt your talent; the willingness and effort are the talents.
 - 1 5. 他^た人^{にん}の批^ひ判^{ぱん}はし^しや^やすい^いが自^じ分^{ぶん}の批^ひ判^{ぱん}は受^いけ^{がた}容^{がた}れ^{がた}難^{がた}い。(English translation follows)
It's easy to criticize others, but hard to accept criticism from others.
 - 1 6. 不^ふ満^{まん}に思^{おも}える身^み近^{ぢか}な人^{ひと}から自^じ分^{ぶん}は鍛^{きた}え^えられ磨^{みが}か^かれて^てい^いく。(English translation follows)
I am trained and polished by the person close to me who seems to be dissatisfied.
 - 1 7. 思^{おも}い悩^{なや}むよ^{より}言^{こと}っ^てみ^みよ、行^{こう}動^{どう}の中^{なか}から道^{みち}が開^あける。(English translation follows)
Say it rather than thinking and worry; there's a way out of action.
- P.S. 剣^{けん}は心^{こころ}なり。心^{こころ}正^{ただ}しから^らざれば^ば剣^{けん}また正^{ただ}しから^らず。剣^{けん}を学^{まな}ばんと欲^ほすれば^ば先^まず心^{こころ}より学^{まな}ぶべし。(鳥^{とり}田^{でん}虎^こ乃^の助^{すけ})
Your sword, Ken is "heart." If your heart is not righteous, your Ken is not right; if you want to learn Kendo, you should learn first about your heart. This maxim is a deeper meaning of "剣一心," "剣心一如," or "剣心一致."