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Siejitsu = Sincerity



Mindfulness

Learning to be focused, attentive & aware leads one to live with every breath, to make the most of each moment, of every relationship. It makes one a finer bugeisha as well.



Honor

That which gives you a purposeful life. Cultivating it with appreciation & gratitude leads the bugeisha farther along the path.



One's Cup

With a mind that knows what it knows and knows when to empty itself to learn - the bugeisha is efficient in learning and understanding.

Shoshin Ryu

Begins & Ends with Sincerity

