



Shoshin Ryu

Truthful Heart Tradition

Safety and Courtesy First

Safety:

This must be at the forefront of all teaching and all training. No one wants to train with someone who is reckless, or train a drill that most likely will cause an injury. While the possibility of injury exists in the dojo, it is everyone's job to establish an environment that eliminates potential hazards and minimizes possible injurious outcomes. Students must look out after one another at all times. Just as each student takes responsibility for one's own training, each must also take responsibility for their own safety.

There is no horseplay or fooling around in the dojo. To be 99% safe might sound good – but then you hurt someone every 100 techniques you do – you will run out of uke/ training partners very fast. 100% safe is the goal.

There are many methods and practices to instill safety in the dojo. A simple way to test the safety awareness of the students in class is to ask them to gather around Sensei in seiza. Sensei then talks about the importance of safety and how it is everyone's responsibility. Immediately after the talk, Sensei asks the students to stand and to get ready to execute back break falls. At this point it can be observed if the students, by their own direction, space themselves in order to avoid collisions. Despite the poor directive, which was intentional, do the students take responsibility for their safety and the safety of those around them without being prompted by Sensei?



Courtesy:

- Is another form of safety - both body and spirit.
- Learning to bow as you enter the dojo reminds you where the doors are - where people come together.
- Courtesy keeps people from saying foolish things that may hurt another's feelings. Bad feelings do not keep the dojo safe but rather distract from the focus one needs to train with intensity and energy.
- Rudeness is a weak person's imitation of strength - so be courteous.
- Courtesy keeps you from getting injured in everyday life as well. To flip off a driver might push that driver over the edge and slam his car into yours. By being courteous you drive away unharmed.
- *Please* and *Thank You* are signs of maturity and confidence, not weakness.
- Courtesy creates more harmony which allows us to be happier.

Someone does you a good deed - pass it forward - do 5 more good deeds for others.

Send out ripples that can change the world.