

## *The Eleven Motto's of Mas Oyama*

*The Martial Way begins and ends with courtesy. Therefore, be properly and genuinely courteous at all times*

*Following the Martial Way is like scaling a cliff - continue upwards without rest. It demands absolute and unfaltering devotion to the task at hand*

*Strive to seize the initiative in all things, all the time guarding against actions stemming from selfish animosity or thoughtlessness*

*Even for the Martial Artist, the place of money cannot be ignored. Yet one should be careful never to become attached to it*

*The Martial Way is centred in posture. Strive to maintain correct posture at all times*

*The Martial Way begins with one thousand days and is mastered after ten thousand days of training*

*In the Martial Arts, introspection begets wisdom. Always see contemplation on your actions as an opportunity to improve*

*The nature and purpose of Martial Arts is universal. All selfish desires should be roasted in the tempering fires of hard training*

*The Martial Arts begin with a point and end in a circle. Straight lines stem from this principle*

*The true essence of the Martial Way can only be realized through experience. Knowing this, learn never to fear its demands*

*Always remember: In the Martial Arts the rewards of a confident and grateful heart are truly abundant*