

SYSTEM OF ETHICS (WUDE)

The study of martial arts is more than self-defense but includes mental training as well as a system of ethics. This particular system introduced here goes back to the Chinese martial arts moral training. China's influence in martial arts training influenced the fighting styles developed in Okinawa, and other nearby countries, generations before the development of Shotokan karate. Martial arts training goal is to develop high moral character in its students. This is necessary to ensure the abilities and skills taught to students are not used to hurt others.

The Wude system is a foundation of two aspects of character development: Morality of Deed and Morality of Mind. Both promote a healthy, civil individual. Morality of Deed reflects on how we interact with each other. The Morality of Deed virtues are Humility, Respect, Righteousness, Trust, and Loyalty. Morality of Mind reflects on our mental strength and inner spirit. The student will learn the virtues of Will, Endurance, Perseverance, Patience, and Courage. The student will need to understand each virtue and explain in their own words what they learn at each stage of development in martial arts training. Younger students are encouraged to discuss these virtues with their parents or grandparents to gain from their wisdom. Some quotes on each virtue are provided here for the student to help understand viewpoints of others.

Student Essay Requirements:

All essays except black belt essay will be two paragraphs for those 8 and under, three paragraphs for 9 year olds, and a minimum of five paragraphs for those 10 and older. All papers must be typed or neatly written.

The **black belt essay** must be two pages, typed, single space, 1" margins, 12 pitch Times New Roman font.

- **Orange Belt Candidates:** Essay on why Humility and Respect are important in martial arts
- **Green Belt Candidates:** Essay on Righteousness (integrity), Trust, and Loyalty
- **Blue Belt Candidates:** Essay on your personal development of Will
- **Red Belt Candidates:** Essay on a personal evaluation of your Endurance, Perseverance, and Patience
- **Black Belt Candidates:** Essay on Courage. Include what you learned from studying the Wude code of conduct

Morality of Deed

Humility

Respect

Righteousness

Trust

Loyalty

Morality of Mind

Will

Endurance

Perseverance

Patience

Courage

Morality of Deed

Humility, Respect, Righteousness, Trust, Loyalty

White Belt

Humility - Have an open mind in everything you pursue. Humility allows ourselves to be open to learn and allows one to admit the need for improvement

The only disability in life is a bad attitude.

- Scott Hamilton

Attitude is a little thing that makes a big difference.

- Winston Churchill

Happiness is an attitude. We either make ourselves miserable, or happy and strong. The amount of work is the same.

- Francesca Reigler

So often time it happens, we all live our life in chains, and we never even know we have the key.

- The Eagles, "Already Gone"

To be upset over what you don't have is to waste what you do have.

- Ken S. Keyes, Jr.

Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful.

- Buddha

I don't think of all the misery but of the beauty that still remains.

- Anne Frank

The greatest discovery of my generation is that a human being can alter his life by altering his attitudes.

- William James

The human spirit is stronger than anything that can happen to it.

- C.C. Scott

10th Kyu—Gold Belt

Humility—Ego has no place in martial arts

It is not titles that honor men, but men that honor titles.

- Niccolo Machiavelli

Nobody stands taller than those willing to stand corrected.

- William Safire

You shouldn't gloat about anything you've done; you ought to keep going and find something better to do.

- David Packard

True merit, like a river, the deeper it is, the less noise it makes.

- Edward Frederick Halifax

If I only had a little humility, I would be perfect.

- Ted Turner

Man wrapped up in himself makes a very small bundle.

- Benjamin Franklin

9th Kyu—Gold/Black Stripe Belt

Respect Part 1: Self-Respect: Respect is at the core of all relationships, and it starts with oneself. If one does not respect oneself, they cannot respect another nor expect respect in return.

They cannot take away our self-respect if we do not give it to them.

- Mahatma Gandhi

To free us from the expectations of others, to give us back to ourselves - there lies the great, singular power of self-respect.

- Joan Didion

Respect your efforts, respect yourself. Self-respect leads to self-discipline. When you have both firmly under your belt, that's real power.

- Clint Eastwood

Self-respect is the cornerstone of all virtue.

- John Herschel

The world is full of cactus, but we don't have to sit on it.

- Will Foley

That you may retain your self-respect, it is better to displease the people by doing what you know is right, than to temporarily please them by doing what you know is wrong.

- William J.H. Boetcker

If you want to be respected by others the great thing is to respect yourself. Only by that, only by self-respect will you compel others to respect you.

- Fyodor Dostoyevsky

Some people have so much respect for their superiors they have none left for themselves.

- Peter McArthur

You punch me, I punch back. I do not believe it's good for ones self-respect to be a punching bag.

- Edward Koch

Self-respect knows no considerations.

- Mahatma Gandhi

8th Kyu—Orange Belt

Respect: Part 2, Respect for Others: Respect allows us to appreciate our place and the place of others.

The only people with whom you should try to get even are those who have helped you.

- John E. Southard

The greatest good you can do for another is not just to share your riches but to reveal to him his own.

- Benjamin Disraeli

If you step on people in this life, you're going to come back as a cockroach.

- Willie Davis

Our similarities bring us to a common ground; Our differences allow us to be fascinated by each other

-Tom Robbins

A person who is nice to you, but rude to the waiter, is not a nice person.

- Dave Barry, *Things That It Took Me 50 Years to Learn*

Beginning today, treat everyone you meet as if they were going to be dead by midnight. Extend to them all the care, kindness and understanding you can muster, and do it with no thought of any reward. Your life will never be the same again.

- Og Mandino

There are no traffic jams when you go the extra mile.

- Attributed to both Zig Ziglar and Dr. Kenneth McFarland

Life is short but there is always time for courtesy.

- Ralph Waldo Emerson
Social Aims

7th Kyu—Orange/Black Stripe Belt

Righteousness: Righteousness is doing what is right, without a second thought, despite the level of difficulty. Too often people are guided by emotion instead of wisdom; to act righteously is to act with wisdom and avoid guilt.

Try not to become a man of success but rather try to become a man of value.

- Albert Einstein

I never had a policy; I have just tried to do my very best each and every day.

- Abraham Lincoln

Love all, trust a few, do wrong to none.

- William Shakespeare

Character is doing the right thing when nobody's looking. There are too many people who think that the only thing that's right is to get by, and the only thing that's wrong is to get caught.

- J.C. Watts

Don't try to be different. Just be good. To be good is different enough.

- Arthur Freed

The measure of a man's real character is what he would do if he knew he never would be found out.

- Thomas Babington Macaulay

Character is higher than intellect.

- Ralph Waldo Emerson

When I do good, I feel good. When I do bad, I feel bad. That's my religion.

- Abraham Lincoln

6th Kyu - Green Belt

Trust - Trust builds strong relationships and is the key to earning respect. Trusting oneself develops confidence and thus the respect of others.

The only way to make a man trustworthy is to trust him.

- Henry L. Stimson

Few things help an individual more than to place responsibility upon him, and to let him know that you trust him.

- Booker T. Washington

Trust your own instinct. Your mistakes might as well be your own, instead of someone else's.

- Billy Wilder

Few delights can equal the mere presence of one whom we trust utterly.

- George MacDonald

*One's Morality of Deed
will determine what impact
they have on their world.*

5th Kyu - Blue Belt

Loyalty - Loyalty is at the heart of trust. One should be loyal to their family, friends, fellow students, and teacher. One disloyal act can undo the strongest of relationships. One's Morality of Deed will determine what impact they have on their world.

"There's a great deal of talk about loyalty from the bottom to the top. Loyalty from the top down is even more necessary and is much less prevalent. One of the most frequently noted characteristics of great men who have remained great is loyalty to their subordinates.

- General George S. Patton, Jr

Here in America we are descended in blood and in spirit from revolutionists and rebels -- men and women who dare to dissent from accepted doctrine. As their heirs, we may never confuse honest dissent with disloyal subversion.

- Dwight D. Eisenhower

My kind of loyalty was to one's country, not to its institutions or its officeholders. The country is the real thing, the substantial thing, the eternal thing; it is the thing to watch over, and care for, and be loyal to; institutions are extraneous, they are its mere clothing, and clothing can wear out, become ragged, cease to be comfortable, cease to protect the body from winter, disease, and death.

- Mark Twain

Stay committed to your decisions, but stay flexible in your approach.

- Tom Robbins

Morality of Mind

Will, Endurance, Perseverance, Patience, Courage

4th Kyu - Purple Belt

Will - Will is the core of Morality of Mind, it determines one's success in all the other virtues. Development of Will is a battle between one's **emotions** and **wisdom**. A strong Will is developed through sincere commitment to worthwhile goals. Such commitment will test, and in turn develop Endurance, Perseverance, and Patience.

He conquers who endures.

- Persius

If we are facing in the right direction, all we have to do is keep on walking.

- Buddhist Saying

Vitality shows in not only the ability to persist but the ability to start over.

- F. Scott Fitzgerald

With ordinary talent and extraordinary perseverance, all things are attainable.

- Thomas Foxwell Buxton

Our greatest glory is not in never failing, but in rising up every time we fail.

- Ralph Waldo Emerson

Endurance, Perseverance, and Patience are the key to achieving success in a chosen goal and their growth leads to understanding and wisdom

3rd Kyu - Red Belt Endurance

All men should strive to learn before they die what they are running from, and to, and why.
- James Thurber

The man who views the world at fifty the same as he did at twenty has wasted thirty years of his life.
- Muhammad Ali

Not until we are lost do we begin to understand ourselves.
- Henry David Thoreau

You cannot dream yourself into a character; you must hammer and forge yourself one.
- James A. Froude

I may not have gone where I intended to go, but I think I have ended up where I intended to be.
- Douglas Adams

Your work is to discover your world and then with all your heart give yourself to it.
- Buddha

2nd Kyu - Brown Belt Perseverance

It's not that I'm so smart, it's just that I stay with problems longer.
- Albert Einstein

Don't be afraid to give your best to what seemingly are small jobs. Every time you conquer one it makes you that much stronger. If you do the little jobs well, the big ones will tend to take care of themselves.
- Dale Carnegie

When you come to the end of your rope, tie a knot and hang on.
- Franklin D. Roosevelt

Perseverance is not a long race; it is many short races one after another.
- Walter Elliott, The Spiritual Life

One may go a long way after one is tired.
- French Proverb

Problems are not stop signs, they are guidelines.
- Robert Schuller

Difficult things take a long time, impossible things a little longer.
- Author Unknown

1st Kyu - Brown Belt Patience

Beware the fury of a patient man.
- John Dryden
Absolam and Achitophel, 1680

Adopt the pace of nature: her secret is patience.
- Ralph Waldo Emerson

Genius is nothing but a great aptitude for patience.
- George-Louis de Buffon

Patience is the companion of wisdom.
- St. Augustine

Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish.
- John Quincy Adams

One moment of patience may ward off great disaster. One moment of impatience may ruin a whole life.
- Chinese Proverb

Experience has taught me this, that we undo ourselves by impatience. Misfortunes have their life and their limits, their sickness and their health.
- Michel de Montaigne

Black Belt Courage

Courage is doing what you're afraid to do. There can be no courage unless you're scared.

- Edward Vernon Rickenbacker

Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says I'll try again tomorrow.

- Mary Anne Radmacher

Courage is not the absence of fear, but rather the judgment that something else is more important than fear.

- Ambrose Redmoon

Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.

- Winston Churchill

Courage is reckoned the greatest of all virtues; because, unless a man has that virtue, he has no security for preserving any other.

- Samuel Johnson

Well I'll tell you one thing that I know, you don't face your demons down. You've got to grapple them Jack, pin them to the ground.

- Joe Strummer, "Long Shadow"

Courage is not simply one of the virtues, but the form of every virtue at the testing point.

- C.S. Lewis

I wanted you to see what real courage is, instead of getting the idea that courage is a man with a gun in his hand. It's when you know you're licked before you begin but you begin anyway and you see it through no matter what. You rarely win, but sometimes you do.

- Harper Lee

To Kill a Mockingbird

True courage is not the brutal force of vulgar heroes, but the firm resolve of virtue and reason.

- Alfred North Whitehead

To achieve the impossible; it is precisely the unthinkable that must be thought.

-Tom Robbins

It is curious that physical courage should be so common in the world and moral courage so rare.

- Mark Twain

Courage is the power to let go of the familiar.

- Raymond Lindquist