

Sensei Fairfield: Instructors are more than just coaches

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of conduct and behavior, a map for traveling through life.

As martial artists, we have the obligation to reinforce proper behavior. What we teach our students in the dojo is a code of behavior. This code, coupled with the education our students receive from their parents, teachers, and other activities, give students a map to refer to when making decisions, especially as they approach adolescence.

As senseis we not only teach judo and jujitsu techniques, we are also responsible, in a small way, to be the Master Po for our students.

In a very difficult time of my life, I had a wonderful talk with Prof. John Chow Hoon. I asked him if I could talk to him again. Professor said, "Sure, just picture me right behind you, ask me your question, and I'll try to answer it." He laughed and added, "Of course you will be answering your own question, but just pretend it is coming from me."

Here are a series of Bushido rules I have jotted down for my students. I challenge you to make up your own.

YOUNG SAMURAI CODE OF BUSHIDO

You are a young warrior in training. Your behavior will be beyond the behavior of others. You will operate under the code of Guri and Gumi. (Duty and Obligation).

You have an obligation to your parents, your dojo members, your sensei and Prof. Henry Okazaki.

Duty, Honor, Loyalty, Obedience, Honesty, Filial Piety, and death in the service of their Lord were the foremost thoughts of a young samurai in training.

As a martial artist, I realize that I am on a different path than others. This path will be difficult. I train in leadership and decision-making. I will lead and not blindly follow.

My goal is to perfect my character. My life's journey has not yet been revealed to me, but I am learning as I walk my path. My final destination will be molded by



Actor David Carradine played Kwai Chang Caine in the television series, *Kung Fu*.

how I live my daily life. My life will be guided by a few rules. These rules will help me to make good decisions and not to stray from my path.

1. I will practice the spirit of ohana (family) and kokua (service) in my daily life.

2. I will develop good study habits. Good grades will follow good study habits. My education is more important to me than I can imagine at this stage of my life. (Someday, research the meaning of Prof. Kano's kanji, which hung in his dojo.)

3. I will love and be kind to my brothers and sisters. They will be my lifelong friends.

4. I will be a peacemaker at school.

5. I will choose nice, honest people to be my friends.

6. I will trust and respect my parents, school teachers and senseis. They will help me and guide my journey through life.

7. I will not participate in teasing others. Teasing is cruel.

8. I will not participate in put downs.

9. I will not associate with bullies.

Mine is a peaceful path.

10. I will recognize peer pressure and develop my own strong personality.

11. As a young samurai, I will avoid fighting.

12. Love has the power to change events.

13. My life will make a difference in the scheme of the world. My responsibility is to take good care of the Earth for the generations to follow.

14. If I want to feel good - I will do something good for someone else.

15. Unconditional love is the answer to the question, "Why am I here?"

16. I have the power to change myself. When faced with a choice, I will choose to be kind.

17. I will work for peace and peaceful solutions.

18. I will learn to listen to my inner voice; it will guide me.

19. There are wonderful people in the world. I will learn to recognize and associate with them.

20. Evil exists in the world. I will learn to recognize and avoid it.

21. Some events in the world have no explanation. I will not spend too much time looking for an answer that has no explanation.

22. Good and bad events will happen to me in my lifetime. I will learn to find a lesson in each.

23. Great growth may occur during difficult times.

24. I will make mistakes. The bigger

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