

Student Code (*Oyata Shin Shu Ho Ryu*)

1. Strive for a good moral character.
2. Keep an honest and sincere way.
3. Cultivate perseverance or a will for striving.
4. Develop a respectful attitude.
5. Restrain your physical ability (aggression) through spiritual attainment.



The Guiding Principles of Successful Training

1. **TRAIN FOR LONGEVITY.** Take care of you body, it's the only one you've got.
2. When asking to be taught be open minded and free from prejudice. First learn the technique as shown before adapting to your own body type. This will ensure a true understanding of how the technique works, not just how it works for you.
3. Be polite to the Instructors and courteous among fellow students and followers. You must strive to develop humbleness.
4. Cultivate a spirit of perseverance, a mind of patience, and a body of health. This is done by finding the proper balance between knowing your limits, and testing your limits both physically and mentally.
5. Strive to become a warrior of peace, by using the character building, morality and spirituality contained in the martial arts.
6. In daily conduct, do not encourage fights or arguments.
7. Move from easy to difficult, and from simple to complicated; more time is required to train harder and longer as you progress. Do not hurry or engage in senseless or reckless practice. Develop gradually.
8. Become familiar with the *PROPER* use of the training equipment. This could mean the difference between developing vs. injuring yourself or your training partner.
9. Do not aim for hurried success.
10. Know your strengths & weaknesses. Capitalize on what you are good at, but take the time to develop that which you are not. Remember as we age, our bodies and minds will change, thus so will our strengths & weaknesses.
11. Be cautious about becoming too theoretical or technical because this can lead to weakness in actual application. Be cautious about dismissing the theoretical or technical, for this can result in failing to see the finer detail which may lead to your technique development.
12. Ask questions freely, but respectfully, of the Instructors and more experienced students because you must strive to understand what you are learning.
13. Always strive to be a good training partner. Remember you are "Partners" in learning, not "Opponents". You can always achieve more when you work as a team.