

Zen Judo Rules

Zen Judo Rules - A guide for the Practice of Zen Judo.

1. Have No Falsehood in mind.

Reluctance or deceit are not conducive to the inner harmony required by Judo Practice.

2. Do Not Lose Self-Confidence.

Learn to act wholeheartedly and without hesitation. Learn reverence toward the practice of Judo to keep your mind focused.

3. Adjust Your Posture.

The posture in Judo should be natural, so camouflage or affectation should be avoided. The essence of life is in truth. Nature is ever unchangeable because truth is omnipresent and if a person can find him/herself within, he/she will be able to act freely.

4. Be Swift.

The center of gravity follows the movement of the body. The center of gravity is the most important element in maintaining stability. If it is lost, the body is naturally unbalanced. Always fix your mind and keep your body in balance.

5. Utilise Your Strength Infinitely.

Use unshakable strength with the quickest movement of the body. Acknowledge that what is called stillness and motion, or tenderness

and sturdiness is nothing but the endlessly repeated process where truth is.

6. Don't Discontinue Training.

Mastery of Judo cannot be accomplished in a short time. Since skills depend on mental and physical applications, training should not be neglected.

7. Culture Yourself.

If you become self centered, you will build a wall around yourself and lose your freedom. If you can efface yourself in preparation for an event, you will surely be better able to judge and understand truth. In a match, you will be able to detect the weak point of your opponent and easily put him/her under your control.

This page comes from

The Zen Judo UK Website:

<http://www.zenjudo.co.uk>

The URL for this page is:

<http://www.zenjudo.co.uk/modules.php?name=Content&pa=showpage&pid=4>