

## SHITEN 'O' (THE FOUR KLINGS)

In years passed the Jujitsu Mat was protected by a thatched roof supported by four corner posts. As was normally the custom in the Orient, everything had philosophical reasons for existence.

The FIRST PILLAR represents LOVE OF TRAINING -- The development of physical health and the love of ability, dexterity and grace is the keystone of the martial arts. Seek to develop and maintain good physical health through training, enabling one to withstand hard work and the mind to perceive and evaluate clearly.

There cannot be good mental health without good physical health.

The SECOND PILLAR represents LOVE OF SERVICE -- If one would rule, one must first learn to serve, for only in this way does one secure from those below the joyous assent that is necessary if they are to follow. Love of service to the general good and consistency in doing right are the foundation of service. Just as we should not ask others to follow us unless this condition is fulfilled, so it is only under this condition that we, in turn, follow others without coming to harm.

The THIRD PILLAR represents LOVE OF THE GENERAL PUBLIC -- Realize that there is a unifying thread of miraculous, joyous, conscious life energy that permeates all mankind. Pay homage to this miracle as it is manifested within each person with which one comes in contact.

A youth when at home should be filial, abroad respectful. To his elders, he should be earnest and truthful; he should overflow in love to all and cultivate the friendship of the good.

The FOURTH PILLAR represents LOVE OF COUNTRY -- Respect your traditions. Appreciate your culture. Honor the principles and ideals of your country. Love of the Earth is the foundation of patriotism. All countries are unique; respect that uniqueness.

As it is in the macrocosm of the family, to follow the Rules and Natural Laws of the family puts the family in order. When the family is in order, the village is in order. When the village is in order, the state is in order. When the state is in order, the country is in order.

Respect and keep clear of the area at the head of the Dojo, Kamiza ('upper seat'), which is the side of the Dojo reserved for the Instructor. It is always recognizable by the flag or appropriate photograph or Gaku ('framed calligraphy') of philosophical connotation, which hangs centered in this area.