



修練之序

SHURENNOJO

Introduction to Training

Soke Minamoto no Hisamitsu (Nakamura Hisashi)

中村一玄源久光 宗家(中村久)

TAKEDARYUNAKAMURAHAN (武田流 中村派)

Shoshin to nintai o motte doryoku shi.

Konjō to yūki o motte renma shi.

Fukutsu ni yotte kokufuku shi.

Kakan na tōkon ni yotte kensan taitoku su.

- *Shoshin: First intention, heart and mind willing to learn, as when you start and nothing is known. (January) 初心*
- *Nintai, shinobitaeru: Patience, stand firm in silence. (February) 忍耐*
- *Doryoku: Effort. (March) 努力*
- *Konjō: Courage, character, temper. (April) 根性*
- *Yūki: Valour. (May) 勇氣*
- *Renma: Practice and refine. (June) 練磨*
- *Fukutsu: Indomitable fortress. (July) 不屈*
- *Kokufuku: Conquer, overcome. (August) 克服*
- *Kakan: Resolution, audacity. (September) 果敢*
- *Tōkon: Fighting spirit. (October) 鬪魂*
- *Kensan: Study. (November) 研鑽*
- *Taitoku: Mastery, experience. (December) 体得*

“Always strive with humility and patience.

Practice to perfect oneself with guts and courage.

No unperturbed by any circumstances, surpassing bravely.

Study and improve with resolution and fighting spirit.”

明治天皇御製

学び得て
道の博士と
成る人も
教えの親の
恵み忘らじ

源久光書

Meijitennou gyosei

*Manabiete
michi no hakase to
naro jito mo
oshie no oya no
megumi wasuraji*

Minamoto no Hisamitsu sho

*[Waka (Japanese poem)]
His Majesty the Emperor Meiji*

*[Mutsushito (明治天皇 Meiji-tennō)
(Kyoto, 11.03.1852 / Tokyo, 07.30.1912)
122^o Emperor, from 02.03.1868]*

*“Experts of the Way
and those who will attain great knowledge,
do not forget the virtue and benevolence
of the teachings of your ancestors.”*

Written by Minamoto no Hisamitsu

Translation: Takami Kachi & Efraín Villamor. (2014)