

SHOSHIN RYU

TRUTHFUL HEART TRADITION

THE QUALITY OF LIFE IS PROPORTIONAL TO THE STRIVING FOR EXCELLENCE



Nana-Korobi, Ya-Oki

This translates to

Fall 7 times, get up 8

**7 TIMES DOWN
8 TIMES UP**

Shoshin Ryu Core Curriculum:
Kokoro Series

Seven Times Down Eight Times Up

This is a traditional Samurai saying encouraging one to not give up just because one has fallen, but to rise up again and again until one accomplishes one's goal.

- How does this apply to YOU?
- We all get knocked down, fail in some fashion. This is not a reason to quit, but rather realize we can do it. We just need to persist - just need to keep going.
- This is also an example of indomitable spirit. You will overcome.
- In the movie, the Last Samurai, we see the hero beaten down but never quitting. And even in his loss he gains respect - until one day he no longer loses.
- Successful people don't always win. Neither did the great Samurai of old. The key is persistence.
- Since setbacks are a part of life the intelligent bugeisha develops strategies to deal with setbacks BEFORE they happen; then practice them so they are there when one needs them.
- Many of life's failures are people who didn't realize how close they were to success when they gave up.