8 Virtues of Uechiryu Black Belt

	In The Dojo	In Life
Modesty	You are humble about how far you have come with your training. You realize there is so much more to learn.	You don't brag about your accomplishments, physical, social, or academic.
Courtesy	You treat all students and dojo family members with great respect and politeness.	You treat people the way you like to be treated, making good manners your first reaction to any situation.
Integrity	You're honest in your effort and your personal work ethic. You're true to yourself and do your best from the moment you "bow in."	You are honest with all people and always do your best to keep your word.
Compassion	You assist junior ranking and less talented students and appreciate their effort.	You're sensitive to the feelings of other people and try to see their point of view.
Gratitude	You're thankful to your teachers and fellow students for helping you improve.	You thank your family members and others who help you and you always show appreciation.
Perseverance	Even though the training is difficult, you work hard and overcome.	You are not a "quitter." You see things through.
Self-Control	You do your best to live by Student Creed #2. You strive to be "neither too high nor too low".	You remain even-tempered even when under great stress. You maintain physical and emotional balance.
Indomitable Spirit	"Knocked down seven times– get up eight." No matter what the odds, you keep striving to succeed.	You have a "Yes, I can!" attitude that never leaves you.