

USE OF FORCE GUIDELINES

For both young and old, when to use force can be a very difficult question. Memorizing the following guidelines will help you decide when fighting is justified.

The use of force (fighting) will:

- Only be used as a last resort.
- Only be used for the defense of yourself, your loved ones and the weak.
- Only when severe injury is imminent.
- Only to the extent necessary to escape the situation.

You may fight only in situations that meet ALL these points. If you find yourself in a situation where you are unsure of what to do, ask yourself, "What would a great martial arts master do?"

The "Way of the Warrior" is not easy. It can be very tempting to fight in order to show off our skills, show that we're angry, or force others to do what we want. But the true martial artist always maintains self-discipline and is an example for others.