



WUDE



少林武德

- THE 14 VIRTUES OF SHAOLIN -

The Shaolin WuDe (virtues of martial arts) is the basic framework and the basis for the further learning and personal development in the Shaolin Arts. The Shaolin Temple expects from his students who are dedicated in the Shaolin Arts to learn the WuDe and to work on becoming a better human being everyday and bring value to this world.



SHAOLIN.ONLINE

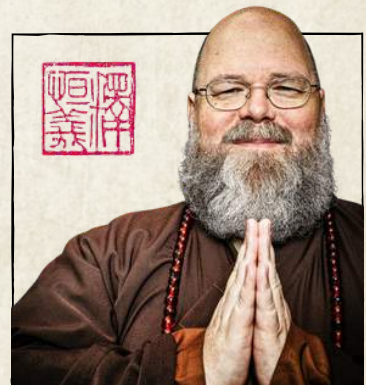
- FOREWORD -

The Community of the Shaolin Temple is mainly represented by Buddhist monks without the necessity of practicing the martial arts. Eventhough Shaolin Temple is widely known and respected for its martial arts.

The martial arts of Shaolin are deeply rooted in Buddhist ethics and morality. Shaolin is primarily concerned with the cultivation of human nature and therefore supports the emphasis in becoming aware of the responsibility that every individual has for his actions, our society and our environment.

For the same reason, the great Bodhidharma, the founder and first patriarch of Zen Buddhism, gave his disciples in Shaolin Temple, the monks and novices of the Order, almost 1,500 years ago: The virtues of martial arts (Shàolín Wǔ Dé).

We wish you, in the realization of the WuDe, to spread the joy and inner peace in your heart, which they give us in our daily life, and hope that through them you will realize the true nature and blessings of the Arts of Shaolin.



SHI HENG ZONG · 释恒宗 法師
ABBOT OF SHAOLIN TEMPLE EUROPE



SHAOLIN.ONLINE

- THE 14 VIRTUES OF SHAOLIN -

The WuDe is divided into 2 main groups of virtues:

THE VIRTUES TO BE **EXPECTED**:

A student should be in the possession of these virtues. Although they do not have to be perfect in them, yet a certain moral value must be present to start the journey.



In practice, these virtues are evident in humans only after some time, but their presence is strongly examined, especially among the master students and even more in the novices. These are the prerequisite for making progress in the Shaolin arts at all.

THE VIRTUES TO BE **LEARNED**:

These virtues a student must acquire in the course of his education and work on them daily. The goal is to become better step by step and live an honorable life.



SHAOLIN.ONLINE

- THE VIRTUES TO BE EXPECTED -



1. 纪律 • DISCIPLINE

Only with strict discipline and intransigence towards ourselves we can reach our highest potential. We keep the form of conscious self-regulation especially when we don't feel like it. The Shaolin Temple will relentlessly ensure that disciples, novices and masterstudents are fully abiding to this virtue.



SHAOLIN ONLINE

- THE VIRTUES TO BE EXPECTED -



2. 自制 • SELF-CONTROL

Self-control is not only indispensable when learning and practicing the Shaolin Arts, it is a prior virtue along the attainment of mastery. A warrior, doesn't act following emotions. He is the master of his own emotions.



SHAOLIN ONLINE

- THE VIRTUES TO BE EXPECTED -



3. 謙虛 • MODESTY

A practitioner of the Shaolin Arts is characterized by modesty. Bragging is unfamiliar. Being respectful towards others and especially the teachers and acting responsibly when taking over any task which is assigned to us. All we do, derives from the purity of our heart. Modesty enables us to never overestimate ourselves and to never underestimate our surroundings.



SHAOLIN ONLINE

- THE VIRTUES TO BE EXPECTED -

4. 慈悲 · BENEVOLENCE

A practitioner of the Shaolin Arts respects life in every form. Every life is sacred. Valuing life leads to respect for fellow human beings, respect for fellow human beings is necessary to have a harmonic Community in the Shaolin Temple and beyond. It expresses through the feeling of unity and belongingness towards other beings.



SHAOLIN ONLINE

- THE VIRTUES TO BE LEARNED -



THE VIRTUES OF THE ACTION / BEHAVIOUR:

5. 謙遜 • HUMILITY

Humility can only arise when one is willing to control one's pride and to practice in overcoming it. Satisfying one's own desire is not to be placed above all else. Fullfilment of desires is a personal goal, realization of a vision serves more. Disciples, masterstudents and especially novices of the Shaolin Temple put the needs and requirements of the Community above their own desires and needs. Humility expresses through modesty and humbleness.



SHAOLIN ONLINE

- THE VIRTUES TO BE LEARNED -



THE VIRTUES OF THE ACTION / BEHAVIOUR:

6. 尊敬 • RESPECT

Attention is the basis of all relationships with humans, animals and all beings. This also includes the respect for oneself. A student of the Shaolin Temple shows respect. Those who show no respect for the teachings and guidance of the Shaolin Temple will not be granted to advance in the arts. Respect also displays in the observance of the rules and the etiquette. It is the foundation on which the Shaolin community is build upon. Respect can be expressed through the practice of appreciative feeling.



SHAOLIN ONLINE

- THE VIRTUES TO BE LEARNED -



THE VIRTUES OF THE ACTION / BEHAVIOUR:

7. 正· RIGHTEOUSNESS

Righteousness is an attitude towards life. What is rightful to do, you should do and what is wrongful to do, you should not do. Cultural and social standards are not as decisive as compared to the respect for all people and beings and the sense of responsibility and unity. Taking responsibility for your own actions is expected from every student of Shaolin.



SHAOLIN ONLINE

- THE VIRTUES TO BE **LEARNED** -

THE VIRTUES OF THE ACTION / BEHAVIOUR:

8. 信用 • TRUST

Trust includes trustworthiness towards others and also your ability to trust in yourself. Each practitioner of the Shaolin Arts should develop a personality that can be trusted without reservation. Trust is the basis of every true friendship and the foundation of the Community of Shaolin Temple. Students should trust their teachers, masters and the guidance of the Shaolin Temple.



SHAOLIN ONLINE

- THE VIRTUES TO BE **LEARNED** -

THE VIRTUES OF THE ACTION / BEHAVIOUR:

9. 忠誠 • LOYALTY

Loyalty is the basis of trust and any relationship. Loyalty may be the most important of all the virtues of action and behavior. Those who are missing it or can't develop it, will not proceed in the Shaolin Temple. Loyalty is expressed in bad situations and not just in good situations. The lack of loyalty will never be tolerated by the highest organs of the Shaolin Temple.



SHAOLIN.ONLINE

- THE VIRTUES TO BE LEARNED -

THE VIRTUES OF THE SPIRIT / MIND:

10. 意愿 • WILL

An important goal of the Shaolin Temple is to develop a strong will among his students through the continuous practice of the Shaolin Arts. A strong will is necessary to not lose sight of our goals and to intensively study the arts. An iron will, can be advantageous, at the same time it may not be used to the detriment of other beings. It should not become a disadvantage to other people.



SHAOLIN ONLINE

- THE VIRTUES TO BE LEARNED -



THE VIRTUES OF THE SPIRIT / MIND:

11. 忍耐 • PERSEVERANCE

Perseverance means to practice and train incessantly. It is the striving to become a better version of yourself day by day. This applies both to the physical and mental development within you. Perseverance is necessary to improve in the Shaolin Arts and in all things. Students of the Shaolin Temple never stop working on the cultivation of perseverance in themselves. It is expressed by the continuous effort to fulfill one's vision or purpose.



SHAOLIN.ONLINE

- THE VIRTUES TO BE LEARNED -



THE VIRTUES OF THE SPIRIT / MIND:

12. 毅力 • PERSISTENCE

Persistence means to continuously put in the effort even when it must be sustained over a long period of time or against opposition. It is persistence that enables the practitioner to detect mistakes and to correct them in order to avoid them. It expresses through the capability of withstanding hardship and keep moving forward.



SHAOLIN.ONLINE

THE VIRTUES OF THE SPIRIT / MIND:

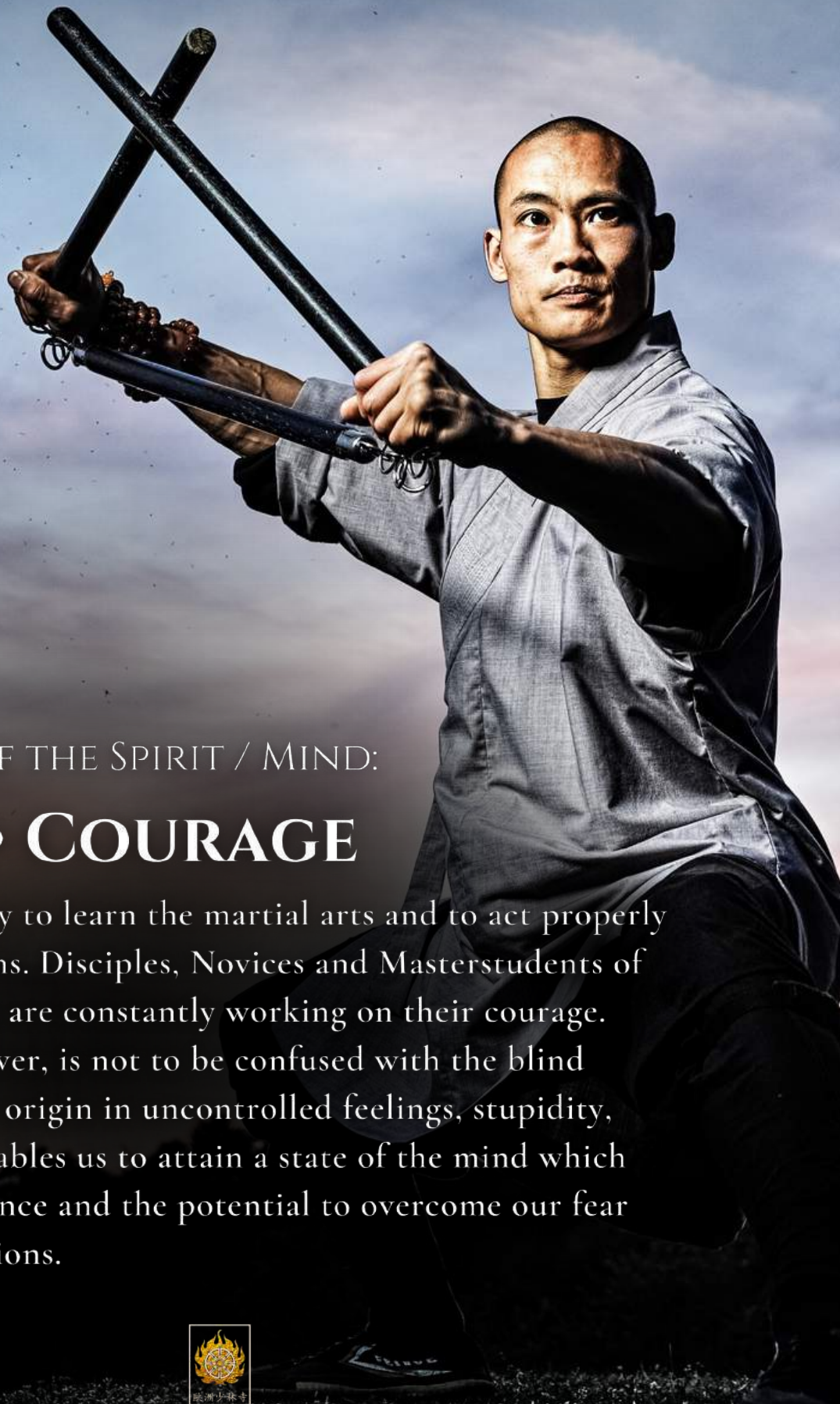
13. 耐心 • PATIENCE

Patience is the virtue that enables the student to continue even when there is no understanding of the meaning of the practice, or if a goal seems inaccessible and unreachable. It is patience that enables us to constantly train this progress, even without recognizing it, we will attain true mastery. Patience is necessary for the student to learn correctly, and for the teacher to guide the student and to convey the knowledge to him with care. Patience is expressed through the ability to tolerate and the self-discipline to maintain calmness.



SHAOLIN.ONLINE

- THE VIRTUES TO BE LEARNED -



THE VIRTUES OF THE SPIRIT / MIND:

14. 勇敢 • COURAGE

Courage is necessary to learn the martial arts and to act properly in difficult situations. Disciples, Novices and Masterstudents of the Shaolin Temple are constantly working on their courage. This courage, however, is not to be confused with the blind courage that has its origin in uncontrolled feelings, stupidity, or fear. Courage enables us to attain a state of the mind which is rooted in confidence and the potential to overcome our fear or dangerous situations.



SHAOLIN ONLINE

- SHAOLIN WUDE -

OVERVIEW

• THE VIRTUES TO BE **EXPECTED**:

紀律 • DISCIPLINE

自制 • SELF-CONTROL

謙虛 • MODESTY

慈悲 • BENEVOLENCE

• THE VIRTUES TO BE **LEARNED**:

THE VIRTUES OF THE
ACTION / BEHAVIOUR:

謙遜 • HUMILITY

尊敬 • RESPECT

正義 • RIGHTEOUSNESS

信用 • TRUST

忠誠 • LOYALTY

THE VIRTUES OF THE
SPIRIT / MIND:

意願 • WILL

忍耐 • PERSEVERANCE

毅力 • PERSISTENCE

耐心 • PATIENCE

勇敢 • COURAGE



SHAOLIN.ONLINE

4 Are you lacking any of the 14 virtues in your life? Which ones?

5 Which virtues would most likely bring benefit to your life at this moment in time and why?

YOUR TASK

Train yourself in the 14 virtues of Shaolin.
Choose one virtue per day.

From the moment of waking-up in the morning: Observe yourself!
Aim to maintain the chosen virtue within this one day at all times.

When a thought comes up, ask yourself: Is it based upon the virtue?
When you're about to go into action: Is it based upon the virtue?
When you speak: Are your words based upon the virtue?

Next day: Choose the next virtue!

- CONGRATULATIONS! -

Today, you've set up your mind in the direction to a happy and fulfilled life!

We hope you understand now that it is not about fame or money,
but more about becoming a happy and honorable human being so
that others and yourself can rely on.

We wish you all the best on your journey to Self-Mastery
- May all beings be blessed at all times!

„IF THE CONDITIONS ARE BEING SET PROPERLY,
THE NEXT STEP WILL COME.“



SHAOLIN.ONLINE

DISCOVER A WAY TO
SELF-MASTERY

12 MONTHS PROGRAM



- 52 WEEKS
- 60+ VIDEOS
(PRACTICE, THEORY, BONUS)
- LIVE SESSIONS
WITH SHI HENG YI (2 YEARS)
- WORKBOOKS
400+ PAGES
- LIFETIME ACCESS



click here!



LEARN MORE



SHAOLIN ONLINE