

Fundamental philosophy of *Bushido* for special education for persons with intellectual disabilities through *Kigatsuku* and *Zanshin* Spirit

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Received: 17 June 2018; Accepted: 29 June 2021; Published online: 15 July 2021

AoBID: 15765

Authors' Contribution:

- ✍ A Study Design
- 📁 B Data Collection
- 📊 C Statistical Analysis
- 📄 D Manuscript Preparation
- 🏠 E Funds Collection

Abstract

This scientific essay is introduction of the philosophy of Bushido for not only teaching for persons with intellectual disabilities, but also aging people in various setting. The study of aging people is generally include with in gerontology. Gerontology is characterized interdisciplinary, multidisciplinary, and internationally. Kigatsuku means "an inner spirit to act without being told what to do". SOUL can be grown by See, Observe, Understand, and Listen to learn each other. Zanshin is also central philosophy of Bushido. Zanshin is to polite to others with humble heart to express thanks. Zanshin is a way of learning from everybody to grow oneself and going back to basic principle mind. On March 3, 2007, the International Gerontology Synthesis Meeting, sponsored by the Care-Fit Service Association in Okinawa, Japan, issued the Okinawa Proclamation on Respect for Aging. This proclamation is made in support of the Da Vinci Project, which is a universal approach that recognizes the importance of all age groups accepting the dignity and value of older adults.

Key words: Bushido • Da Vinci Project • gerontology • judo • practical pedagogy

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Conflict of interest: Author has declared that no competing interest exists

Ethical approval: Not required

Provenance & peer review: Not commissioned; externally peer reviewed

Source of support: Departmental sources

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Professor Ryo Takahashi presented this idea as an Invited Speaker during the opening session of the 2nd World Congress of Health and Martial Arts in Interdisciplinary Approach HMA again MMA, June 14-17 Gdansk 2018, Poland. This scientific essay is the first publication in a new section of this journal "Innovations in Research Methodology".

Budo (Budō) – originally a term denoting the “Way of the warrior”, it is now used as a collective appellation for modern martial arts of *kendō*, *jūdō*, *kyūdō* and so on. The primary objective of these “martial ways” is self-perfection (*ningen-kesei*) [6].

Bushidō – the ethical framework developed by Japan’s warrior class. During the Tokugawa period, the Neo-Confucian notion of *chūgi* (loyalty) was considered important to maintain the feudal structure. What is commonly referred to as “*bushidō*” now, was usually called “*shidō*” during the early-modern period. Nitobe Izanō’s internationally renowned book *Bushidō: The Soul of Japan* (1900) claims that *bushidō* forms the core of Japanese morality [6].

Bushido – “then, is the code of moral principles which the knights were required or instructed to observe. It is not a written code; at best it consists of a few maxims handed down from mouth to mouth or coming from the pen of some well-known warrior or savant” [1, pp. 29-31].

Yawara – another name for *jujutsu* [6].

Keiko – Literally to think (*kei*) about the past (*ko*), this word is used in reference to the study *budō* and traditional arts [6].

AINU – the **Ainu** are the indigenous people of the lands surrounding the Sea of Okhotsk, including Hokkaido Island, Northeast Honshu Island, Sakhalin Island, the Kuril Islands, the Kamchatka Peninsula, and Khabarovsk Krai, before the arrival of the Yamato Japanese and Russians. These regions are referred to as **Ezo** in historical Japanese texts [7].

INTRODUCTION TO AN INNOVATIVE VISION OF GERONTOLOGY

This scientific essay is introduction of the philosophy of *Bushido* [1] for not only teaching for persons with intellectual disabilities, but also aging people in various setting. The study of aging people is generally include within gerontology. Gerontology is characterized interdisciplinary, multidisciplinary, and internationally.

Gerontology is all age related practical pedagogy, which draws forth as “創齡学(Soureigaku)” “創(Sou)” in “創齡学” consists of “倉(Kura)” and “刀(Katana)”. “倉” means “path finding” or “pioneering”. “刀” has means “sword”, which stands for the action “to open the way”. “齡(Rei)” consists of “齒(Ha)” and “令(Rei)”. “齡” stands for “age”. This originated from the idea that strengthening one’s teeth leads to his/her longevity. “夫” is a pictograph that shows people gathering and kneeling down to seek enlightenment. These words show that “創齡学(Soureigaku = Creating Aging Learning or Study)” is a type of learning in which people come together and teach each other ways of happiness and longevity. Gerontology has inter-disciplinary, inter-professional and international features. Given these factors, we sum up the research, application and applied practice of this learning and call it “創齡学(Soureigaku)” for gerontology with philosophical understanding in Japanese.

It is important to keep these pioneers’ SOUL as we call again, “Kigatsuku” 気が付く means “an inner spirit to act without being told what to do”. SOUL can be grown by See, Observe, Understand, and Listen to learn each other.

Zanshin 残心 is also central philosophy of *Bushido*. *Zanshin* is a way of Yawara. *Zanshin* is unconditional SOUL to grow for caring and concerning others even relaxing dairy living. *Zanshin* is to polite to others with humble heart to express thanks. *Zanshin* is a way of learning from everybody to grow oneself and going back to basic principle mind.

Gerontology is a study to be humanlike human. The study introduces to find a philosophy of gerontology based on individual historical background which can be applied to all humans in the world (Figure 1). The author began to teach judo for junior high students with/without disabilities. At first they had been totally separately

practiced judo. After teaching principle of teaching of Jigoro Kano such as “Oneself and others prosperity” [2]. All students’ attitudes have been changed for having *keiko* all together. Students in special class had been changed and their skills had improved. One of them was selected as Vice Admiral for Judo competition and he got black belt, as well. We have been making action to improve students possible talent by calling Da Vinci Project 2012.

“Da Vinci Project 2012” and Okinawa Proclamation

Okinawa Proclamation in announced as follows: Be it known unto all nations and interested persons that on March 3, 2007, the International Gerontology Synthesis Meeting, sponsored by the Care-Fit Service Association in Okinawa, Japan, issued the Okinawa Proclamation on Respect for Aging. This proclamation is made in support of the Da Vinci Project, which is a universal approach that recognizes the importance of all age groups accepting the dignity and value of older adults. The theme of this international synthesis meeting reflects the essential components of the proclamation: Youth is a Gift. Age is an Art. The Proclamation recognizes the importance of implementing an interdisciplinary curriculum that reflects the complex nature of aging and implementing a curriculum that reflects the life span for persons with and without disabilities within settings the home, education, public life, and the work place.

Planned activities

Upon the principal of the above philosophy the following summits and activities are planning in Kitami, Hokkaido, Japan as follows. International Youth Peace Ambassador Summit & Indigenous Leaders’ Summit:

- **International Gerontology Conference Youth is a Gift and Age is an Art** (purpose: Training future leaders from Youth; date August 18-23, 2020; place: Kitami city Culture Hall, Kitami City Budokan).
- **Training Workshop (YPA)** in Kitami 2020 are planning with philosophy of Samurai Spirit with no power and no authority but truthfulness and action on August 18-23, 2020 before Tokyo Olympics (July24-August9) and Paralympic(August 25 to September 6) in Japan for a creating new world in 2030 in



Figure 1. Prof. Ryo Takahashi during a lecture dedicated to gerontology (from the video presentation sent by the Author to the Editor in Chief: Archives of Budo, Archives of Budo Science of Martial Arts and Extreme Sports; Archives of Budo Conference Proceedings 2018-01-04, 20:48:35).

Hokkaido, Japan. International Budo Keikokai. **Participants:** for all people including disabilities; in Kitami 2020. Activities: Youth Summit about Environment, Prevention from Disaster, Education, Human rights for Indigenous people; Budo, Keiko, Enbu kai for everybody with/without disabilities by the Hokkaido Sakamoto Ryoma Cup (Judo; Kendo).

CONCLUSIONS

This paper introduces principle of philosophy of gerontology how making action will be happened for creating new future and society. Gerontology is for

Improving Quality of Life by knowing individual's genealogy. Above all things have been related to Family History [3-5]. Gerontology is known his/her values who we are, where we are from, where we will go the life after death. That is reason why it is important to know of the History of ourselves. The gathering location for applying the above philosophy is chosen in Kitami city, Hokkaido on August 18-23 in 2020 because Kitami city in Hokkaido is not only the author's homeland, but also it was opened the land by Pioneer with the help of AINU, Indigenous people in Japan. These pioneers came to Hokkaido to create new world with the Movement for Civic Rights and Freedom in the 1880s from the various areas in Japan.

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Cite this article as: Takahashi R. Fundamental philosophy of Bushido for special education for persons with intellectual disabilities through Kigatsuku and Zanshin Spirit. *Arch Budo Sci Martial Art Extreme Sport* 2021; 17: 45-47