



10 Articles of Mental Training

1.	Be Loyal to Your Country	Loyal
2.	Be Obedient to Your Parents	Obedience
3.	Be Loving to Your Family	Love
4.	Be Cooperative with Others	Cooperation
5.	Be Faithful to Friends	Faithful
6.	Be Respectful of Masters	Respect
7.	Be Honest in Personal Affairs	Honesty
8.	Show Concern for Others	Compassion
9.	Never Attack Without Reason	Mercy
10.	Finish What You Start	Persistence