

## Renshi Frank Connors

On September 12 1995 with the loss of our beloved instructor and friend, the Bushido award is now titled “Connors/Bushido award” in dedication to His life inspired all who knew him and will never be forgotten.

**Today I will live my life as a warrior.**

**Today I will live with honor.**

**I will act virtuously and with benevolence.**

**I will speak with complete honesty.**

**I will be both devoted and loyal.**

**I will behave with valor and courage.**

**I will act properly, with respect and courtesy.**

**I will challenge myself, and I will meet those challenges.**

**I will make decisions appropriately.**

**I will be strong and resolute in my actions.**

**I will live today to it's fullest,  
for yesterday cannot be changed,  
and tomorrow may never be.**

**Today I will walk as a warrior.**

**Today I will live in Bushido."**