This document contains the final, fully locked Mushin Bugeido Canon, completed January 11, 2026 at 11:10 AM Pacific Standard Time.
No additions, removals, or reinterpretations are permitted.

Mark Hastings, DC
Founder, Mushin Bugeido

Signature: _____

Date: _____

These truths pre-existed this canon and were observed, not created.

Introductory Statement I
The name of this document is incidental.
The truth it describes is not owned.

Introductory Statement II
This canon describes what is already true about conflict.
It does not create truth.

Principle 1 — No Do-Overs
Real encounters occur once.
They cannot be repeated.

Training that relies on repetition with correction conditions responses that cannot exist in real time.

Pure resolve eliminates hesitation.
Hesitation eliminates safety.

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Principle 2 — Tracking
Tracking is forward movement that removes the practitioner from the line of attack at the moment an attack begins.

Tracking is not a response.
The strike cannot arrive.

At initiation, every attack imposes unavoidable structural errors on the attacker:
locomotion occurs from compromised balance,
the body must become loose to move,
rotation is required to make contact.

Because these conditions are inherent to attacking, off-line movement is always available and practitioner stability emerges as attacker stability degrades.

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Principle 3 — Blending
Blending is not blocking, parrying, or redirecting force.

Blending is light, sliding, continuous contact without collision.
Force is not stopped.
Collision is removed.

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Principle 4 — Allowing Strikes
Strikes complete their intended path.

The practitioner is not present at the point of impact.

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Principle 5 — Pelvic Proximity
Pelvic proximity determines balance control.

When pelvic proximity exists, resistance cannot stabilize.

Pelvic proximity is not pursued.
It results.

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Principle 6 — Rise and Fall
Alignment above an opposing center allows gravity to resolve balance.

The fall occurs without force.

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Principle 7 — Power Without Tension or Intention
Power exists only in the absence of tension and intention.

If tension or intention is present, power is absent.

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Principle 8 — Verifiable Power
True power cannot be resisted.

If resistance is possible, power was not present.

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Principle 9 — The Non-Attacker Principle (Inversion)
Mushin Bugeido is not an art of attack.

When intention or force is introduced, structure collapses.

Canonical Statement
Every attack contains exactly enough energy to defeat itself.

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Principle 10 — Neurological Disruption Through Blending
When contact remains continuous and non-colliding, conscious control cannot reassert itself.

The attacker cannot adjust or recover.
Resolution proceeds without adaptation.

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Principle 11 — Wrist Blending
Blending occurs at the wrist.

Contact below the wrist allows articulation.
Contact above the wrist allows reach.

When the wrist is blended along the body, articulation and center penetration are impossible.

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Principle 12 — The Wing Arm
The wing arm is a continuous curvilinear structure forming from the fingertips through the shoulder and articulating at the shoulder.

Its shape creates tangential surfaces that force blending and deny collision, allowing interception before strikes fully express.

The wing arm creates guard without opening the body, protecting the rib cage and denying straight-arm exposure at the elbow.

When inverted overhead, the wing arm carries hook strikes across the body, forcing attacker rotation and delivering pelvic proximity and rear-quarter exposure.

When blended correctly, strikes are carried along the body without penetration of the center.

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Principle 13 — Static Holds (Static Holds)
A static hold only appears to stop motion.

Every hold is reached through movement, and that movement does not disappear when contact is made.

When correct movement is applied without strength or intention, the attacker's apparent structure cannot sustain itself.

Balance dissolves, the body becomes fluid, and the attacker falls as motion continues.

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Principle 14 — Stance as Function
Stances are not positions.
They are functional balance structures that arise through movement.

Heko-dachi and the open form of sanchin-dachi are narrow starting stances.

They preserve balance and allow immediate movement off the line of attack at onset.

Shiko-dachi, zenkutsu-dachi, and han-zenkutsu-dachi are wide finishing stances.
They form only at the moment of pelvic proximity, after the attacker's balance has already collapsed.

Sanchin-dachi is not a static stance.
It is a centralizing movement system that preserves balance while moving, allowing the practitioner to leave the line of attack faster than the attack can unfold.

Stability is not created by width or stillness.
It exists only through centralization in motion, appearing for the practitioner at the same moment it disappears for the attacker.

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Principle 15 — Phase-Based Training

Training proceeds through defined phases.

Phase One limits attacks to single-arm strikes at slow speed, with side and timing controlled by the student.
Its purpose is to retrain the flinch response toward forward, off-line movement through tracking and blending.

Phase Two introduces both-arm attacks while speed emerges naturally through repetition, not instruction.

Phase Three introduces kicks.
Blending occurs with the kicking structure while tracking moves the practitioner closer, remaining inside the strike zone rather than outside it.

Phase Four allows fully random attacks, including strikes, grabs, and kicks.
Speed is never forced and remains adjustable to preserve correct neurological patterning.

Progression between phases is based on neurological readiness, not time, strength, or performance.

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Principle 16 — Kata as Mirror
Kata is a means of practicing true martial movement at any speed.

Without a partner, error is easily displayed.
Fragmented movement, tension, and intention become immediately visible.

When examined by a capable sensei, kata reveals where movement is not unified and where power cannot develop.

When kata is incorrect, it is cumbersome and unattractive.
When kata is correct, it is effortless and beautiful.

As proficiency emerges, the practitioner experiences joy and the observer experiences beauty.

Kata exists to illuminate error.

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Principle 17 — Closure
The truths of martial movement were revealed through uncompromising intellectual honesty.

They emerged through prolonged observation, testing, and correction in the absence of do-overs and technique creation.

Power and correct movement were not invented, but exposed, by allowing real-time constraint to eliminate what could not survive it.

True martial movement has always existed; Mushin Bugeido revealed and confirmed it.

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End of Canon