A Brief rehearsal of the chief conditions and qualities in a Courtier

1. To be well borne and of a good stocke.
2. Not to praise himself unshamefully and out of reason.
3. Not to cracke and boast of his actes and good qualities.
4. To be seen in tungs, and specially in Italian, French, and Spanish.
5. To be handsome and clene in his appareale.
6. To make his garmentes after the facion of the most, and those to be black, or of some darkish and sad colour, not garish.
7. To gete him an especiall and hartye friend to company withall.
8. Not to be ill tunged, especiallie against his betters.
9. To have the feate of drawing and peincting.
10. To daunce well without over nimble footinges or to busie trickes.
11. To singe well upon the booke.
12. To undertake his bould feates and couragious enterprises in warr, out of companye and in the sight of the most noble personages in the campe, and (if it be possible) before his Princis eyes.
13. His conversation with women to be alwayes gentle, sober, meke, lowlie, modest, serviceable, comelie, merie, not bitinge or sclauntering with jestes, nippes, frumpes, or railinges, the honesty of any.
14. To be no envious or malitious person.

Of the chief conditions and qualityes in a waytyng Gentylwoman

1. TO be well born and of a good house.
2. To have a good grace in all her doinges.
3. Not to be haughtie, envious, yltunged, lyght, contentious nor untowardlye.
4. To have a sweetenesse in language and a good utrurance to entertein all kinde of men with communication woorth the hearing, honest, applyed to time and place and to the degree and disposition of the person which is her principall profession.
5. Not willinglie to give eare to suche as report ill of other women.
6. To beeware of praysinge her self undiscreatlye, and of beeing to tedious and noysome in her talke.
7. To be learned.
8. To be seene in the most necessarie languages.
9. To drawe and peinct.
10. To daunse.
11. To devise sportes and pastimes.
12. To have an understandinge in all thinges belonginge to the Courtier, that she maye gyve her judgemente to commend and to make of gentilmen according to their worthinesse and desertes.