



## WHAT WE TEACH

### SAFETY, HEALTH & WISDOM

Our motto “Martial Arts for Life” comes from Musashi’s wisdom that martial arts training can be useful in all areas of life, and at any time. This also means that martial arts benefits us in different life stages. AMAFA students train in Safety, Health and Wisdom.

#### SAFETY

**Doing what is necessary to remain safe; Peaceful conflict resolution.**

Humans have fought for as long as we can remember. Fighting is when someone starts a conflict or wants it to continue. Self-defense is doing what is necessary to remain safe. Martial arts focuses on self-defense, which is acting to end conflict. Martial artists sharpen their awareness and wisdom to prevent verbal or physical conflicts.

#### HEALTH

**Nutritious food and plain water; active movement and fun exercise; periodic rest and regular sleep.**

A) Move regularly throughout the day, and exercise for 30+ minutes five times a week. Change exercise routines seasonally in scope and depth. B) Eat a variety of natural, unprocessed food and drink lots of pure water. C) Rest during the day and sleep on a regular schedule, which is essential to helping your body grow, maintain and heal itself.

#### WISDOM

**Seeking a variety of knowledge to make good decisions.**

Martial arts are distinguished by their focus on physical training that promotes character and spiritual development. Martial artists are mindful about their paths in life. At AMAFA we study The 24 Martial Arts Principles for Living an Enlightened Life, the Principles of the Masters, and the Five Realms of Life.

