



AMAFA'S 24 PRINCIPLES FOR LIVING AN ENLIGHTENED LIFE

ANANDA MARTIAL ARTS & FITNESS ACADEMY teaches SAFETY, HEALTH and WISDOM. We expand our WISDOM—the ability to choose a good path in life —through meticulous physical training that opens a path to learning martial arts principles. This balanced course of study fosters personal growth, spiritual development, better interpersonal relationships and an expansive view of life. AMAFA'S 24 MARTIAL ARTS PRINCIPLES FOR LIVING AN ENLIGHTENED LIFE—comprised of THE 8 PRINCIPLES OF A BLACK BELT, THE 8 ROADBLOCKS TO A BLACK BELT, and THE 8 PRINCIPLES OF A MASTER—explore common martial arts tenets that guide how AMAFA students conduct themselves inside the training hall, at home, at school, at work and in the community.

MONTH	THE 8 PRINCIPLES OF A BLACK BELT	THE 8 ROADBLOCKS TO A BLACK BELT	THE 8 PRINCIPLES OF A MASTER
FEBRUARY	AWARENESS	COMPLACENCY	TRUTH
MARCH	COURTESY	INSENSITIVITY	COMPASSION
APRIL	JOY	ANGER	FORGIVENESS
MAY	COURAGE	FEAR	PEACEFULNESS
JULY	BALANCE	INSTABILITY	GRATITUDE
AUGUST	PATIENCE	OVERZEALOUSNESS	CONSERVATION
OCTOBER	DISCIPLINE	INCONSISTENCY	LOVE
NOVEMBER	HUMILITY	ARROGANCE	WISDOM

“True Karate-do is this: that in daily life, one’s mind and body be trained and developed in a spirit of humility; and that in critical times, one be devoted utterly to the cause of justice.”

— Ginchin Funakoshi



THE 8 PRINCIPLES OF A BLACK BELT

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AWARENESS and presence of mind allow you to take care of your safety and health, and is the first step on the path to wise living. Continuous martial arts training with others can be unnerving without rules, agreements and COURTESY. BALANCING intensive training with fun energizes your practice and ignites JOY. Constantly extending yourself in unfamiliar areas requires COURAGE and PATIENCE. Only with a large measure of DISCIPLINE will your training bear fruit. And we must be HUMBLE enough to realize that as students or teachers we can always benefit from continued training.

THE 8 PRINCIPLES OF A BLACK BELT	DEFINITIONS
AWARENESS	Being informed and vigilant
COURTESY	A polite attitude and helpful acts
JOY	Safe excitement and happiness for everyone
COURAGE	Facing something hard and beneficial instead of avoiding it
BALANCE	Harmony of body, mind and spirit; The ability to decide
PATIENCE	Waiting calmly or facing trouble with courtesy and humility
DISCIPLINE	Systematic Training and practice that develops skill and character; Doing what is right even when no one is looking
HUMILITY	Balanced awareness of everyone's challenges and talents

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THE 8 ROADBLOCKS TO A BLACK BELT

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Martial arts is at times a solitary practice, but guard against becoming **INSENSITIVE** to others. Seek new ways to grow so you don't become **COMPLACENT**. Training can sometimes tap into deep **FEARS** or hidden **ANGER**, but those feelings should not be why you avoid or embrace martial arts training. **INCONSISTENCY** robs you of the fruits that martial arts offer; **INSTABILITY** and **OVERZEALOUSNESS** spoil that harvest at the point of planting. When you forget that we are all fellow travelers at different points on the same path, you can become lost in a maze of **ARROGANCE**.

THE 8 ROADBLOCKS TO A BLACK BELT	DEFINITIONS
COMPLACENCY	The wrong perspective that there are no more worthy goals
INSENSITIVITY	Unaware, thoughtless or unkind; Lacking Awareness of the environment, situation or people
ANGER	A misguided desire to attack the supposed cause of pain
FEAR	Agitation caused by the expectation of harm
INSTABILITY	Unbalanced and unpredictable behavior
OVERZEALOUSNESS	Blind devotion that is harmful but often disguised as support
INCONSISTENCY	Out of harmony with professed principles and goals
ARROGANCE	Unrealistic views of anyone's challenges and talents

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THE 8 PRINCIPLES OF A MASTER

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Investigate yourselves and the worlds around you by observing the TRUTH of your life. COMPASSION compels you to use your resources and skills to help others. Learning to FORGIVE yourself and others supports your happiness. Whatever the situation or challenge, remain PEACEFUL at your core. Practicing GRATITUDE cultivates a true sense of the joy of life. CONSERVE your mental and physical energy to increase your ability to accomplish desired goals. Accepting and expressing LOVE is one of the greatest challenges in life. Diligent practice and study increases your ability to make better choices in life and travel your path with WISDOM.

THE 8 PRINCIPLES OF A MASTER	DEFINITIONS
TRUTH	Awareness of reality as it is beyond personal perspectives
COMPASSION	Concern for suffering, and an urge to help
FORGIVENESS	Freeing oneself from anger and resentment to balance the spirit
PEACEFULNESS	Calm acceptance of truth that liberates conflict
GRATITUDE	Expressions of recognition and appreciation for what was, what is and what will be
CONSERVATION	Careful management and protection of physical, mental and spiritual resources
LOVE	Acceptance without expectation
WISDOM	Insightful action based on experience and intuition

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