



AMAFA STUDENT CREED

AS AN AMAFA STUDENT
I CONTINUALLY STRIVE:

- TO EFFICIENTLY PROTECT MYSELF AND OTHERS FROM PHYSICAL AND MENTAL HARM,
- TO RIGOROUSLY PURSUE THE HEALTH, GROWTH AND FLOWERING OF MY BODY, MIND AND SPIRIT,
- AND TO CONTINUALLY STUDY THE RICH HISTORY, CULTURE AND PRINCIPLES OF THE MARTIAL ARTS TO HELP ME BETTER UNDERSTAND MYSELF, MY FELLOW HUMAN BEINGS, AND THE WORLDS AND UNIVERSES IN WHICH WE EXIST.

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