

Warrior's Edge Martial Arts CODE OF MINDFUL ACTION

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The first 2 points deal with material considerations

1. I protect life and health. White
I avoid violence whenever possible.
2. I respect the property and space of all.
I avoid taking what has not been offered.

The next 3 points remind you to be true to yourself

3. I develop significant relationships. Yel/Orange
I avoid abusing others for selfish gain.
4. I thoughtfully express the truth.
I avoid the confusion of dishonest words.
5. I cultivate a positive attitude, a healthy body, and a clear mind.
I avoid whatever would reduce my physical or mental well-being.

The next 3 points guide communication interactions with others

6. I communicate health, happiness, and peace of mind to everyone I meet. Purple/Blue
I avoid violent, disturbing, and unduly critical speech.
7. I promote harmony and positive momentum to bring out the best in everyone.
I avoid causing alienation, doubt, and division among others.
8. I encourage all to speak purposefully from the heart.
I avoid the dull contentment of gossip and small talk.

The next 3 points are keys for operating effectively in the world

9. I am as enthusiastic about others' fulfillment as I am about my own. Green/Red
I avoid treating others' successes as the cause of my lacks.
10. I promote the enjoyment of life, and encourage others with my smile.
I avoid setting myself against the world.
11. I promote the search for personal realization of truth.
I avoid the seductive comfort of narrow-mindedness.

The final 3 points suggest how to generate accomplishment

12. I accomplish what must be done in a timely and effective way. Brown/BrnBlk
I avoid putting off doing that which will benefit me and my world today.
13. I strive to be so strong that nothing can disturb my peace of mind.
I avoid the negative effects of worry, doubt, and regret.
14. I work to build love, happiness, and loyalty among all the members of my family.
I avoid putting temporary personal benefit ahead of the welfare of those I love.

Three (3)-part Student Creed:

I believe in myself. I am *confident*. I can accomplish my goals.

I believe in what I study. I am *disciplined*. I am ready to learn and advance.

I believe in my teachers. I show *respect* for all who help me progress.