

Ai Shin Kai

Harmonious Heart Association

念
心
會



Basic Principles of Self-Mastery

- **Create a Calm Center**
- **Be Comfortably Relaxed**
- **Practice Dependable Posture**
- **Unify Body, Mind and Spirit**

- **Strive For Excellence**
- **Be Loyal, Brave and Sincere**
- **Seek the Simplest Solution**
- **Smile and Be Natural**

Dr. Jonathan Bannister, *Founder & President*

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Basic Principles of Weapons Practice

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- **Correct Stance** (gamae-tadashii)
- **Proper Grip** (te-no-uchi; te-no-gaeshi)
- **Sharp Footwork** (ashi-sabaki-meikai)
- **Correct Motion** (Dai-kiri-otoshi; ichi-byoshi-no-uchi)
- **Proper Strike Angle** (hasuji-tadashii)
- **Control Distance and Timing** (ma-ai; ma)
- **Understand the Scenario** (ri-ai)
- **Correct Technique** (waza-tadashii)
- **Correct Form** (katachi-tadashii)
- **Continuous Awareness** (zanshin)

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