



**Thousand Waves asks its Board members to make a minimum time commitment of ten hours per month and to raise and/or donate money for the ongoing financial stability of the organization (although we require no specific dollar amount of each Board member). What are your thoughts about these two commitments?**

**The Thousand Waves Mission Statement reads:**

*Thousand Waves promotes personal safety, encourages non-violent conflict resolution, and fosters physical fitness and a non-quitting spirit through self-defense and traditional martial arts programs. Body, mind and spirit are joined and strengthened within an inclusive environment that emphasizes personal responsibility, open and assertive communication, and self-control. Our diverse students and teachers apply the skills and principles learned at Thousand Waves to transform their lives at home, school, work and in public spaces. This creates a powerful community spirit of self-worth, mutual respect, and compassion in action.*

**Please share your personal thoughts about our mission.**

**Are you currently serving on the Board of Directors (or as an officer) of any other organization(s) and, if so, please list the organization(s) and position(s) that you hold? Have you served on a Board in the past? If so, what organization(s) and position(s)?**