

Student Creed

I intend to develop myself in a positive manner and avoid anything that would reduce my mental growth or physical health.

I intend to develop self-discipline in order to bring out the best in myself and others.

I intend to use what I learn in class constructively and defensively: to help myself and others and never to be abusive or offensive.

Black Belt Creed

As a dedicated student of the Martial Arts,
I will live by the Principles of Black Belt.

Modesty, Courtesy, Integrity, Self-Control,
Perseverance and Indomitable Spirit!

(Instructor says, "What's our goal?")
Black Belt Excellence, ASAHH!

