

STUDENT CREED

Remembering that the martial arts begin and end with respect:

I

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

II

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

III

I intend to use what I learn in class constructively and defensively, to help myself and my fellow man and woman and never to be abusive or offensive.

FIVE TENETS

The etiquette of martial arts is rooted in Eastern philosophy which emphasizes respect. Our Academy's five tenets define the spirit of a good martial artist:

Courtesy

behavior that demonstrates consideration, cooperation, and generosity

Integrity

honesty, trustworthiness, and incorruptibility

Perseverance

determination, steadfastness, persisting in spite of difficulties

Self-Control

exercising restraint over one's impulses, self-discipline

Indomitable Spirit

unconquerable courage, a 'yes I can' attitude