

The Student Creed

- 1. I intend to develop myself in a positive manner and avoid anything that would reduce my mental growth or my physical health.**
- 2. I intend to develop self-discipline in order to bring out the best in myself and in others.**
- 3. I intend to use what I learn in class constructively and defensively, to help myself and my fellow man, and never be abusive or offensive.**

Traditional Bow

- 1. I hope I never have to use my karate.**
- 2. I look for the good in all people.**
- 3. I will keep my karate covered like a treasure in my pocket.**

Principles of the Black Belt

**As a dedicated student of martial arts,
I will live by the Principles of the Black Belt,
Modesty, Courtesy, Integrity, Self-control, Perseverance, Indomitable Spirit.
AhhhhSaaaaaa!**

The Black Belt Creed

**I come to only with my Karate.
My hands are empty, but I fear no man.
Should I be forced to defend Myself, my Honor, or my principles.
Should it be matter of Right or Wrong, Life or Death,
Then here are my weapons, my Empty Hands.**

Instructor Creed

- 1. I will teach this class as if it is the most important class I will ever teach.**
- 2. I am patient and enthusiastic.**
- 3. I will lead by example.**