



STUDENT

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 be abusive or offensive and always respect My peers .

PRINCIPLES OF STUDENTS

As a dedicated student of the Martial Arts I will live by the principles of.

Modesty

Courtesy

Integrity

Perseverance

Courage

Indomitable Spirit

INSTRUCTOR: What's our goal?

STUDENT: Black Belt excellence Sensei "Sir."

INSTRUCTOR: How do we lead?

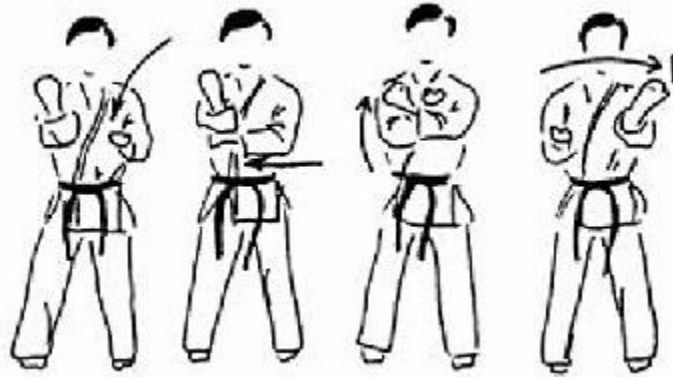
STUDENT: By example Sensei Sir.

INSTRUCTOR: Thank you class. STUDENT:

Thank you Sensei Sir

The Principles of Black Belts are stated at the end of every class. Students are expected to have the creed memorized within the first month of classes.)

Cross hand outside block



Reverse Punch / high block combo



THIS IS WHAT A FRONT KICK SHOULD LOOK LIKE..

