

Student Creed*

As an active student, of the Martial Arts, I pledge, to continually improve myself: mentally, physically, and spiritually.

As I strive, for Black Belt Excellence, I will develop, the qualities of: loyalty, respect, integrity, courtesy, and perseverance.

I will, always rely, on common sense, before, using my skills, in self-defense.

Class Closing*

We are a Black Belt School. We are dedicated. We are motivated. We're on a quest to be our best. What's our goal? Black Belt leadership excellence (Sir or Ma'am).

Winners never quit. Quitters never win. I choose, to be a winner.

**Punctuation indicates when to PAUSE, so the class can repeat after the leader.*