

STUDENT CREED, PRINCIPLES OF BLACK BELTS

These affirmations and lessons are designed to instill positive mental attitudes in and out of the dojo.

THE SEVEN PRINCIPLES

1. Henceforth, I shall faithfully train to strengthen my mind and body.
2. I am willing to endure rigorous training to achieve my goal.
3. As my strength increases, I shall seek to cultivate a gentle heart.
4. I shall not use my skill outside the dojo except in the most extreme circumstances.
5. At all times I will try to avoid inflicting injury upon another person.
6. I will not brag about my skill nor use it maliciously.
7. I shall train with the spirit of humility.

GO DO SHIN

The five-fold path of Shito-ryu

1. Never forget the spirit of first beginnings.
2. Never neglect courtesy and etiquette.
3. Never neglect effort.
4. Never lose common sense.
5. Never disturb harmony.

CODE OF ETHICS

- I will develop myself to the maximum of my potential in all ways.
- I will forget the mistakes of the past and press on to greater achievements.
- I will always be in a positive frame of mind and convey this feeling to every person I meet.
- I will continually work at developing love, happiness, and loyalty in my family and acknowledge that no other success can compensate for failure in the home.
- I will look for the good in all people and make them feel worthwhile.
- If I have nothing good to say about a person I will say nothing.
- I will give so much time to the improvement of myself that I will have no time to criticize others.
- I will always be as enthusiastic about the success of others as I am about my own.
- I will maintain an attitude of open-mindedness toward another person's viewpoint while still holding fast to what I know to be true and honest.
- I will maintain respect for those in authority and demonstrate this respect at all times.
- I will remain loyal to my country and obey the laws of the land.

I will remain highly goal-oriented throughout my life because that positive attitude helps myself, my family, and my country.