



# Martial Arts Tenets

## *Courtesy*

- ~ always be civil and polite ~
- ~ be respectful of the rights and property of others ~
- ~ have good manners and treat others as valuable, important people ~
- ~ show respect for the knowledge of instructors, higher belts, parents and other persons ~

## *Integrity*

- ~ be honest and sincere ~
- ~ keep your promises and honour your commitments ~
- ~ act according to your conscience and foster a sense of justice ~
- ~ be courageous in defense of your rights and the rights of others ~

## *Perseverance / Indomitable Spirit*

- ~ live with determination, dedication, commitment and devotion ~
- ~ be strong, resolute and unyielding; do not give up, stick with it ~
- ~ remain strong minded and maintain a spirit that will not be defeated or victimized ~
- ~ act with patience and persistence when working to achieve goals and overcome difficulties ~

## *Self Control*

- ~ prevent physical and emotional injury to self and others ~
- ~ live within your capabilities and refrain from overindulgence ~
- ~ control your actions and assume responsibility for your behaviour ~

## *Harmony*

- ~ cultivate a spirit of loving protection for all beings ~
- ~ be in agreement with situations and avoid extremism ~
- ~ see things as they are and accept what cannot be changed ~
- ~ be confidently at peace with your surroundings: the environment, other people, and yourself ~

# Martial Arts Student Oath

I will never misuse my skills and abilities ~ I am learning to live a healthier, active life  
I will obey the tenets of martial arts ~ courtesy, integrity, perseverance, self control, harmony  
I will help build a more peaceful world ~ I will be a model for others to live a healthier, active life  
I will respect those around me ~ instructors, trainers, other participants, my friends and family, others  
I will be a champion of justice and freedom ~ I believe everyone has the right to live a healthier, active life