



## *I will...*

- ...Develop self discipline in order to bring out the best in myself and others!
- ...Develop myself in a positive manner and avoid anything that will reduce my mental growth or my physical health!
- ...Use what I learn in class constructively and defensively to help myself and my fellow man and never to be abusive or offensive!
- ...Develop Black Belt Excellence by achieving modesty, courtesy, integrity, self control, perseverance, and indomitable spirit!

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