



WHITE DRAGON MARTIAL ARTS STUDENT CREED

- I DEVELOP MYSELF PHYSICALLY AND MENTALLY BASED ON THE WHITE DRAGON MARTIAL ARTS SPIRIT.
- I WILL ONLY FIGHT TO PROTECT MY LIFE AND THE LIVES OF OTHERS.
- I ACHIEVE MY FULLEST POTENTIAL IN DEVELOPING KNOWLEDGE, HONESTY, AND STRENGTH.

WHITE DRAGON MARTIAL ARTS BLACK BELT CREED

AS A DEDICATED STUDENT OF THE MARTIAL ARTS, I LIVE MY LIFE BY THE PRINCIPLES OF BLACK BELT:

MODESTY

PERSEVERANCE

COURTESY

SELF CONTROL

INTEGRITY

INDOMITABLE SPIRIT

WINNING TRAITS OF A WHITE DRAGON MARTIAL ARTS BLACK BELT

<ul style="list-style-type: none"> • POSITIVE SELF-ESTEEM • POSITIVE SELF-AWARENESS • POSITIVE SELF- CONTROL • POSITIVE SELF- DISCIPLINE 	<ul style="list-style-type: none"> • POSITIVE SELF-EXPECTANCY • POSITIVE SELF - MOTIVATION • POSITIVE SELF - IMAGE • POSITIVE SELF - DIRECTION
<ul style="list-style-type: none"> • POSITIVE SELF - PROJECTION 	

These nine steps have been adapted from “The Psychology of Winning”, by Dr. Denis Waitly. We recommend this program very highly. It is available in book, audio tape, and video tape format.

THE OVERRIDING GOAL AT WHITE DRAGON MARTIAL ARTS IS TO HELP EACH STUDENT ACHIEVE THEIR INDIVIDUAL POTENTIAL THROUGH KARATE. KARATE INSTRUCTION SHOULD THEREFORE BE SEEN PRIMARILY AS A MEANS TO A DESIRABLE END, NOT AS AN END IN ITSELF.