



NEIL STONE'S KARATE ACADEMY

WHAT WE STAND FOR

Eight virtues demonstrated, learned, and understood by our students

MODESTY

To be humble, not to show off

COURTESY

Being polite, showing kindness to others

INTEGRITY

Truth, choosing to do the right thing

COMPASSION

A deep awareness of, and sympathy for others

GRATITUDE

To be thankful for, and to appreciate all that we have

SELF CONTROL

Maintaining discipline over your emotions, actions, and words

PERSEVERANCE

To never give up

INDOMITABLE SPIRIT

The humble energy we have inside us that keeps us going

OUR STUDENT CREED

Remembering that the martial arts begins and ends with respect, I will...

1. Develop myself in a positive manner and avoid anything that would reduce my mental growth or physical health.
2. Develop self discipline in order to bring out the best in myself and others.
3. Use what I learn in class constructively and defensively to help myself and my fellow man and never to be abusive or offensive.