



STUDENT CREED

Remembering that the Martial Arts begin and end with respect, I intend to:

- 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.

[Click here to read about the history of Uechi Ryu karate.](#)