



Scott Hayes Karate Studio

12442-C Warwick BLVD.
Newport News, VA 23606
Phone: (757) 595-8380

BLACK BELT PRINCIPLES

I'M A DEDICATED STUDENT OF THE MARTIAL ARTS.
I WILL LIVE BY THE BLACK BELT PRINCIPLES.

MODESTY: BEING PROUD OF YOUR ACCOMPLISHMENTS BUT NOT BOASTFUL.
ABLE TO DO WELL BUT NOT ACT SUPERIOR TO OTHERS.

COURTESY: HAVING RESPECT FOR OTHER PEOPLE'S FEELINGS, HELPING SOMEONE
OUT, NOT LAUGHING AT OTHER'S MISTAKES, BEING POLITE.

INTEGRITY: BEING A PERSON THAT OTHERS CAN TRUST, RELY ON AND
COUNT ON AT ALL TIMES.

PERSEVERANCE: TO KEEP ON GOING EVEN WHEN YOU FEEL LIKE
QUITTING, TO KEEP ON TRYING TO DO YOUR BEST

SELF-CONTROL: HAVING THE COURAGE TO WALK AWAY FROM SOMEONE
WHO IS TRYING TO MAKE YOU LOSE YOUR TEMPER, BUT
ALSO NOT DOING ANYTHING THAT IS UNHEALTHY FOR YOU.

**INDOMITABLE:
SPIRIT** NOT DISCOURAGED OR DEFEATED EASILY. WILLING TO
SAY "I KNOW I CAN". HAVING THE SPIRIT, COURAGE AND
DETERMINATION MEETING NEW CHALLENGES HEAD ON.