

AJK'S MARTIAL ARTS AND FITNESS CENTER, INC.

The Student Creed

AJK's believes in confidence-building defense techniques nurturing such attributes as: self-control, focus, respect, integrity, and stamina. The student creed helps in the development of these skills.

THE CREED

Student Creed Number One

I intend to develop myself in a positive manner, and to avoid anything that would reduce my mental growth and physical health.

i.e. Not performing any act that could potentially harm your body, such as abusing drugs and alcohol.

Student Creed Number Two

I intend to develop self-discipline, in order to bring out the best in myself and others.

i.e. Use your self-control to set a positive example for those around you.

Student Creed Number Three

I intend to use what I learn in class constructively and defensively, to help myself and my fellow man and never to be abusive or offensive.

i.e. Use your training only to defend yourself. Do not use it to show off, boast or get the attention of others.

You can help at home by going over these creeds with your love ones.