

# ***BLACK BELT CREED***

1. I pledge to grow in a positive manner and to aim for mental growth and good physical health.
2. I pledge to develop self-discipline in order to bring out the best in myself and in others.
3. I pledge to use the skills I learn in class to protect myself and others.
4. I pledge to respect my parents and all others and to always abide by the Creed.

***STUDENT CREED***

As a dedicated student of Tae Kwon Do, I will live by the Principles of the Taekwondo Creed

* COURTESY
* INTEGRITY
* PERSEVERENCE
* SELF CONTROL
* INDOMITABLE SPIRIT