

# MAYERS KARATE AND FITNESS

# MK&F

Martial Arts • Health • Fitness



## **CREED**

- DEVELOP POSITIVE HABITS
- DEVELOP SELF DISCIPLINE
- BRING OUT THE BEST IN YOURSELF
- BRING OUT THE BEST IN OTHERS
- BELIEVE IN YOURSELF
- ENCOURAGE OTHERS TO SUCCEED
- RESPECT ONESELF AND OTHERS
- CONTROL YOUR EMOTIONS
- CONTINUE TO IMPROVE/LEARN
- PLAN YOUR DESTINY
- INDOMITABLE SPIRIT
- LIVE LIFE TO THE FULLEST
- STUDENTS MUST KNOW THE FIRST FOUR BY YELLOW BELT
- STUDENTS MUST KNOW EIGHT BY ORANGE BELT
- STUDENTS MUST KNOW ALL 12 BY GREEN AND UPPER BELTS



You  
can  
do it !