



TRIPLE CITIES MARTIAL ARTS

-COMMANDMENTS-

- **A student must practice without interruption**
- **Techniques must be used for legitimate self-defense**
- **Courtesy and prudence must be shown to all teachers and elders**
- **A student must be forever kind, honest and friendly to all their colleagues**
- **In traveling, a student should refrain from showing his art to the common person, even to the extent of refusing a challenge.**
- **A student must never be bellicose (eager to start a fight with another person)**
- **Daily exercise and a balanced diet must be maintained**
- **Techniques should not be taught rashly, lest they produce harm. They can only be transmitted to one who is gentle and merciful.**
- **A student must avoid aggressiveness, greed and boasting.**
- **Hard work pays off**
- **You have to pay the price to be the boss**
- **If you are going to play you are going to pay**
- **You get nothing new until you pass the review**
- **Adversity builds character and strength. Humility breeds leadership**
- **You don't have to know how to punch, kick or strike to defend yourself. You MUST be able to block and move.**

I expect my students to begin to memorize these commandments as part of their Martial Arts journey, as I had to do. As advanced students (Blue belt through Brown) the students are required to know all of these commandments. The commandments provide positive motivational statements that can be discussed as a family. Remember: mental, physical and spiritual growth brings harmony to you and those in contact with you!

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