



TRIPLE CITIES MARTIAL ARTS

- STUDENT PLEDGE -

"I will develop myself in a positive manner and avoid anything, that could reduce my mental growth or physical health.

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

I will use common sense before self defense and never be abusive or offensive.

This is a black belt school, We are dedicated, we are motivated, and we are on a quest to be the best!"

Rick "Ryuyama" Henderson

龍山