

My Black Belt Promise



I, _____ hereby set the goal to *become a Personal Power Martial Arts Black Belt Leader* and respectfully request acceptance into the **Black Belt Leadership Program**.

In consideration of the above, I promise:

To consistently keep on going to my martial arts classes and not quit until I at the very least reaching my goal of becoming a Black Belt beyond.

To do my best in my martial arts classes and set an example for other kids to follow.

To attend my martial arts classes even on days when I don't want to, and not argue about it with my parents.

To commit to boycotting alcohol, smoking, vaping and non-prescribed drugs, and anything else that is harmful to my physical, mental or emotional health.

To do my best in school and put in my best efforts to earn the best grades I can.

To have good sportsmanship and always do my best in every sport I participate in.

To do my best to get along with my family members, friends, classmates and everyone else by using the conflict resolution skills I will learn in martial arts (like the Cool Down method etc ')

To support Personal Power Martial Arts and help to expand its student base and community awareness and involvement.

To use my martial arts techniques for self-defense only and never in anger.

To do my best to live my life with COURTESY, INTEGRITY, PERSEVERANCE, SELF-CONTROL and INDOMITABLE SPIRIT.

Student's Signature _____ Date _____

Parent's Signature _____ Date _____

Instructor's Signature _____ Date _____

