



Jack L. Morris' American Karate Studios

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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 - We are on a quest to be our best. **AASAAH!**

KENPO CREED

"I come to you with only Karate, empty hands. I have no weapons, but should I be forced to defend myself, my principles or my honor; should it be a matter of life or death, of right or wrong; then here are my weapons, Karate, my empty hands."

Ed Parker

BELT POEM

Right over left, up under all, left over right and up through the hole.