



U.S. Martial Arts Center

Student Creed



- 1. I must develop myself in a positive manner and avoid anything that could reduce my mental growth or physical health.**
- 2. I must develop self-discipline in order to bring out the best in myself and others.**
- 3. I must use what I learn in class constructively and defensively to help myself and mankind, and never be abusive or offensive.**

Patience



Effort



Discipline

Students who do not follow the USMAC Student Creed may be reduced in belt rank or be held back from testing. In severe cases may be expelled from the Dojang.