



5 RINGS MIXED MARTIAL ARTS
WWW.CLIK.TO/KARATE
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10 WAYS OF THE DRAGON

1. I WILL DEVELOP MYSELF IN A POSITIVE MANNER.
2. I WILL ALWAYS AVOID STRANGERS
3. I WILL AVOID ANYTHING THAT WILL HAVE A NEGATIVE AFFECT ON MY HEALTH OR MENTAL GROWTH.
4. I WILL NOT BE A BULLY, AND I WILL AVOID ANYBODY THAT TRIES TO BULLY ME IF AT ALL POSSIBLE.
5. I WILL ONLY USE KARATE FOR SELF DEFENSE, JUSTICE, AND SPORTS COMPETITION.
6. I WILL NOT DEMONSTRATE MY KARATE SKILLS WITHOUT PERMISSION FROM MY SENSEI
7. I WILL NOT TOUCH ANYTHING THAT DOES NOT BELONG TO ME UNLESS I HAVE PERMISSION
8. I WILL BE ON MY BEST BEHAVIOR AT ALL TIMES SO EVERYONE WILL KNOW I AM A TRUE 5-RINGS KARATE DRAGON
9. I WILL TELL MY PARENTS OR A TRUSTED ADULT IF SOMEBODY DOES SOMETHING WRONG TO ME OR MY FAMILY
10. I WILL ALWAYS BE A TEAM PLAYER WITH MY FRIENDS, FAMILY, AND CLASSMATES, DOING EVERYTHING I CAN TO HELP OTHERS

OUR STUDENTS ARE EXPECTED TO FOLLOW THESE RULES EVERYWHERE IN LIFE! BREAKING THESE RULES LEADS TO NEGATIVE PROGRESS IN THEIR TRAINING!