

Advanced Martial Arts & Fitness

STUDENT CREED

I will develop myself in a positive manner
and will avoid anything that would 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 defence
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.

This is a Black Belt School

Honour, Loyalty, Truth, Benevolence, Self Control, Etiquette, Courage, Justice
Are the qualities we hold close at heart and the code in which we follow.