上地流武徳会

Buzz Durkin's **UECHI KARATE SCHOOL**
2 Commerce Drive, Atkinson, NH 03811
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(Principles of Practice)

THE STUDENT CREED

Remembering that the martial arts begin and end with respect, I intend to:

1. Develop myself in a positive manner and avoid anything that would reduce my mental growth or physical health.

2. Develop self-discipline in order to bring out the best in myself and others.

3. Use what I learn in class constructively and defensively, to help myself and my fellow man and never to be abusive or offensive.

This pledge stresses the philosophies and disciplines of our school. Students should learn this as soon as possible. When a student can recite the creed, the student is awarded the "Uechiryu" Patch.