



MALTA

Martial Arts Leadership Training Association

Student Creed

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

Words of the Belt

White- Self-Control: Control your mouth and body

Yellow- Respect: Be nice to people and things

Orange- Self-Discipline: Doing what you know you should do even when it is inconvenient

Purple- Knowledge: Open yourself to the wisdom of others

Green- Focus: concentrate on one thing at a time

Blue- Courage: stand up for what you believe in

Red- Confidence: Believe in your abilities

Brown- Intensity: Extraordinary power and focus

Pre-Black- Indomitable Spirit: Never give up

Black- Honor: Knowing what you should do, even when no one is looking