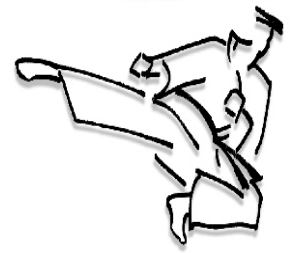




# Karate Do, LLC

## Virtues of a Blackbelt



**Modesty:** You don't "show off" your talents and are humble about how far you have come with your karate training. You don't brag about your accomplishments, physical, social, or academic. You realize and look forward to the fact that there is always more to learn.

**Courtesy:** You treat all students and dojo family members with great respect and politeness. You treat people the way you like to be treated, making good manners standard behavior in any situation.

**Integrity:** You are honest in your efforts and personal work ethic. You are truthful with all people and always do your best to keep your word.

**Perseverance:** You work hard to overcome, even though the training is difficult. You are not a quitter; you have a "Yes, I can" attitude.

**Self-Control:** You do your best to develop self discipline. You remain even-tempered even when under great stress. You maintain physical and emotional balance.

**Gratitude:** You are thankful to your teachers and fellow students for helping you improve. You thank your family members and others who help you and always show appreciation.

**Compassion:** You assist junior ranking students and appreciate their effort. You're sensitive to the feelings of others and always try to see their point of view.

