

KONG

MARTIAL ARTS

WELCOME PROMISE - START

As a student of Kong Martial Arts,
I promise to always try my best,

I am dedicated, I am motivated & I am respectful,
But most importantly, I am not a bully
Pulling someone down, will not help me reach the top

I can only fight the way that I practice,
So today I will be focused



BLACK BELT PROMISE - END

Thank you for teaching me today,
I will use what I learn in emergencies and self defence.
I understand the difference between right and wrong

I will be strong when I feel weak
I will be brave, when I feel scared
And I will be humble when I win
Getting a black belt is a long journey, and quitting wont speed it up.

(Winners...) - **never quit !**
(and Quitters...) - **never win !**
