

1. Be Courteous: Courteousness is essential in creating a respectful and safe training environment. Courteous behavior fosters discipline and self-control, which are crucial in martial arts.
2. Become dangerous. Develop the ability to be violent if needed to defend yourself or others if necessary. Martial arts training should include realistic to prepare students for real-life situations. Having the capacity for violence & learning to control it is your moral virtue.
3. Fail Forward. Embrace your failures. You will have more unsuccessful moments than successes, but the successes you have will be much more significant than your failures.
4. Ask “WHY” the how is not relevant. Evaluating, testing, and reevaluating techniques will lead to the understanding you are seeking, it’s up to you.
5. Forge your own path. Discover ways to express your creativity and individuality within the framework being taught. Your Karate should be your own, and reflective of you, it should not be a carbon copy of your instructors.
6. Understanding the different levels of respect, including the fallacy of imposed respect. Respect can not be demanded, it becomes fake. In stead it’s earned through hard work, and courtesy, rather than being solely based on rank or position.
7. Loyalty to the tribe, your school, and fellow students. Karate is an individual endeavor, but to progress, you need the cooperation of other students. By pushing each other, you can both work hard and make progress. This is the notion of Iron Sharpens Iron. This is the notion of Iron Sharpens Iron.
8. Work on personal Introspection. Reflect on your training and personal growth. Identify what your fear, and facing it head on. The fear is showing you where you need improvement - it’s the Dragon you need to slay.
9. Developing discipline and self-discipline is essential in martial arts training & life. It requires consistent effort and dedication over a long period of time, developing mental toughness and resilience. Students should develop self-discipline by setting and achieving goals and maintaining a regular training schedule.