



## PRIMETIME MARTIAL ARTS STUDENT PLEDGE

-Recited at the beginning of each class-

(instructor says) SELF-RESPECT

(student says) I pledge to develop myself in a positive manner, and to avoid anything that will reduce my mental growth, or physical health.

(instructor says) SELF-DISCIPLINE

(student says) I pledge to develop self-discipline, in order to bring out the best in myself and others.

(instructor says) SELF-DEFENSE

(student says) I pledge to use what I learn in class constructively and defensively, to help myself and my fellow man, and never to be abusive or offensive.

-Recited at the end of each class-

(instructor says) THE PURPOSE OF PRIMETIME MARTIAL ARTS IS  
TO DEVELOP ONESELF:

(student says) Physically, Mentally, Spiritually, and to have good character, Ma'am (Sir)!