MIGHTY MATT BELT PHILOSOPHIES

WHITE BELT

Here you will learn our basic Instructor Commands

Sir/Ma'am says, "Set"
Students stand to attention & say, "Concentration, Sir/Ma'am"
Sir/Ma'am says, "Courtesy"
Students bow and say, "Respect, Sir/Ma'am"

PURPLE WITH WHITE-STRIPE BELT:

Please learn the first line of the Junior Student Creed

Line 1 - "I will respect my parents, teachers and Instructors"

YELLOW WITH WHITE-STRIPE BELT:

Please learn the first three lines of the Junior Student Creed

Line 1 - "I will respect my parents, teachers and Instructors
Line 2 - I will respect other people's property
Line 3 - I will say NO to drugs, alcohol and smoking"

ORANGE WITH WHITE-STRIPE BELT:

Please learn the entire Junior Student Creed

Line 1 - "I will respect my parents, teachers and Instructors
Line 2 - I will respect other people's property
Line 3 - I will say NO to drugs, alcohol and smoking
Line 4 - I will concentrate and use self-control in all my lessons
Line 5 - because Martial Arts makes me a better person"

GREEN WITH WHITE-STRIPE BELT:

Now you will learn our 3 Rules of Concentration:

1) Focus your eyes
2) Focus your mind
3) Focus your body



BROWN WITH WHITE-STRIPE BELT:

Here you will learn about the 4 Areas of Mental Focus

1) Mark yourself on a scale of 1 - 10
2) Am I the sharpest in the class?
3) Is it real?
4) Am I improving?