

TEAM HEWITT MARTIAL ARTS & FITNESSSS

STUDENT CREED

Student Creed #1:

I'm honoring my mind, body, and spirit
by demonstrating positivity, respect, and integrity.

Student Creed #2:

I'm a disciplined and ambitious achiever,
leading confidently by example.

Student Creed #3:

I'm influencing and inspiring myself & others,
by developing my mental, physical, and spiritual growth.

BOW OUT

"As an eager & loyal student of the martial arts,
I will live & lead with confidence, discipline, integrity,
determination, motivation, and courage."

DOJO RULES

1. Respect

Respect is the key to successful learning. Show respect to your instructor and training partners by listening without interrupting, always trying your best, and helping your teammates.

2. Courtesy

Cultivate a culture of mindfulness in the dojo by following dojo etiquette. Line up quietly, stretch in preparation for class, and show your courtesy for others by not disrupting the class in progress. Let's create a positive environment for learning and training.

3. Integrity

Let your actions speak louder than words. Integrity is not just about doing what's right when others are watching, it's about living with honor in every action. Practice integrity by bowing on & off the mat, place all shoes neatly in the shoe rack, and clean & return all equipment used.
True integrity is shown in the small details.

TEAM HEWITT



MARTIAL ARTS AND FITNESS

AT A GLANCE

HYGIENE REMINDERS

- Wash your uniform after EVERY class
- Make sure you have clean feet before stepping on the mats
- Shoes are REQUIRED in the rest rooms
- Keep finger & toe nails well-groomed
- No shoes permitted on blue mats
- If you are not feeling well, please stay home
- Do not train with open wounds
- Disinfect your gear after EVERY use

BRING TO CLASS

- Clean uniform, belt, and gear
- Water Bottle
- Hand Towel
- Positive Attitude

LITTLE WARRIOR PROMISES

Promise #1:

I promise to train hard,
and to focus on my goals.

Promise #2:

I promise to respect myself & others,
and to honor the dojo.

Promise #3:

I promise to use my martial arts
responsibly, and to never misuse my
skills.

