



Texas Black Belt Commission

*College Scholarship Funding
Since 1981*

DISCIPLINE

The art of KARATE teaches a discipline. This discipline is manifested physically, mentally, and spiritually. On the physical level, it strengthens the muscles, quickens the reflexes, conditions the nervous system, and helps develop greater stamina. KARATE will develop a quick mind, keen judgment, directness of thought, a strong will, and the ability to act quickly in tense situations. Spiritually, the student of KARATE finds a peace of mind through security and a greater awareness of his relation to himself and the universe.

Through the art of KARATE, anyone can train their body and mind to become accurate for the purpose of making themselves a better person. They also learn self-defense, self-confidence, self-respect, and self-restraint. KARATE helps make their hearts strong through physical and mental discipline so that they can improve themselves and help others in need. It is not an art of killing or maiming others. Instead, KARATE is an art of disciplining oneself as a smoothly functioning human being. This is the true spirit of KARATE.

Adapted from **Jack Hwang**