



## **TRAINING OATH**

**I will...** Develop myself in a positive manner and avoid anything that could reduce my mental growth or physical health.

**I will...** Develop self discipline in order to bring out the best in myself and others.

**I will...** Use what I learn in class constructively and defensively; to help myself and my fellow man and never to be abusive or offensive.

**THIS IS A BLACK BELT SCHOOL  
WE ARE DEDICATED  
WE ARE MOTIVATED  
WE ARE ON A QUEST TO BE OUR BEST!**

***"OSU"***