

## **GOALS OF COMBINED MARTIAL SCIENCE**

<b>Respect:</b>	Treat others the way you want to be treated.
<b>Courtesy:</b>	Be polite and considerate of others and have good manners.
<b>Honesty:</b>	Do not lie, cheat or steal.
<b>Diligence:</b>	Never give up. Keep on trying. Don't be a quitter.
<b>Humility:</b>	Be humble, not proud. Don't brag.
<b>Responsibility:</b>	Take care of your things (chores, homework, etc.) without being told.
<b>Obedience:</b>	Obey higher authority (parents, teachers, etc.).

## **PURPOSES OF COMBINED MARTIAL SCIENCE**

<b>Physical Discipline:</b>	Work out, even when you don't feel like it.
<b>Self-Defense:</b>	Never misuse your martial arts.
<b>Self-Confidence:</b>	Always believe in yourself.
<b>Mental Discipline:</b>	Homework before TV.
<b>Mental Improvement:</b>	Keep learning new things.

## **RULES OF COMBINED MARTIAL SCIENCE**

1. When you see your teacher or are asking questions, you must be respectful.
2. Respect all senior belts.
3. Keep your uniform clean at all times.
4. Do not face your teacher when fixing your uniform.
5. Do not eat, drink or chew gum while training.
6. Do not use foul language at any time.
7. Do not talk loud: no screaming, no horse-play.
8. Do not speak to visitors while training.
9. Have discipline while training.
10. Be respectful of your parents and teachers at all times.

## **STRATEGIES OF COMBINED MARTIAL SCIENCE**

1. Never underestimate your opponents. Always assume they are dangerous.
2. Do not get fancy. Use simple, easy and effective technique.
3. Be sure you are always well centered when attacking or defending.
4. Learn to react instantly. Be quick and accurate. Do not hesitate.
5. After attacking or counter-attacking, never lose sight of your opponent. Be alert for a continuation of their attack. Never get caught by surprise.
6. Always deliver your blows to your opponent's weaker areas.
7. Always "yell" when delivering a technique. This will momentarily distract and possibly alarm your attacker.
8. Whenever possible, use any available object as a weapon to help subdue your opponent.
9. Always fight aggressively. Use all of your technique and strength.
10. When defending yourself, always fight as if your life depends on it. There is no telling what an attacker's intentions might be.