



East Coast Hapkido LLC Karate Creed

1. **Courtesy:** Kindness, Friendship, Good Breeding
2. **Perseverance:** Determination, Persistence
3. **Integrity:** Honor, Honesty, Virtue, Goodness
4. **Self Control**
5. **Character:** Quality, Mannerism, Features
6. **Endeavor:** Attempt, Study, Zeal
7. **Indomitable Spirit:** Unconquerable, Invincible, Unbeatable, Unyielding

Rules

1. Start with a bow and end with a bow
2. Never initiate the attack
3. Know yourself first then others. To know oneself is to study oneself in action with another person.
4. Spirit first, techniques second
5. Be ready to relax (release) your mind
6. Accidents come out of idleness. Awareness is without choice, without demand, without anxiety.
7. Don't think you can learn Karate in a day, it will take your entire lifetime to learn.
8. Don't think that you have to win, but rather that you do not have to lose.
9. Move according to your opponent.
10. Devise at all times. This means, inventing and forming new combinations of ideas, new arrangements of the techniques, "Make the move your own".