

TRAINING HALL OATH



WE ENCOURAGE ALL STUDENTS TO MEMORIZE THE SEICHOU KARATE TRAINING HALL OATH

It is our life philosophy and foundational principle of our dojo.

I practice Seichou Karate<sup>®</sup> to refine myself mentally and physically to become a productive member of a peaceful society.

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I will achieve these goals by being honest, courteous, and sincere in the spirit of self-respect and respect for others.







I will seek our great teachers and companions who uplift me, and in turn, I will uplift others.

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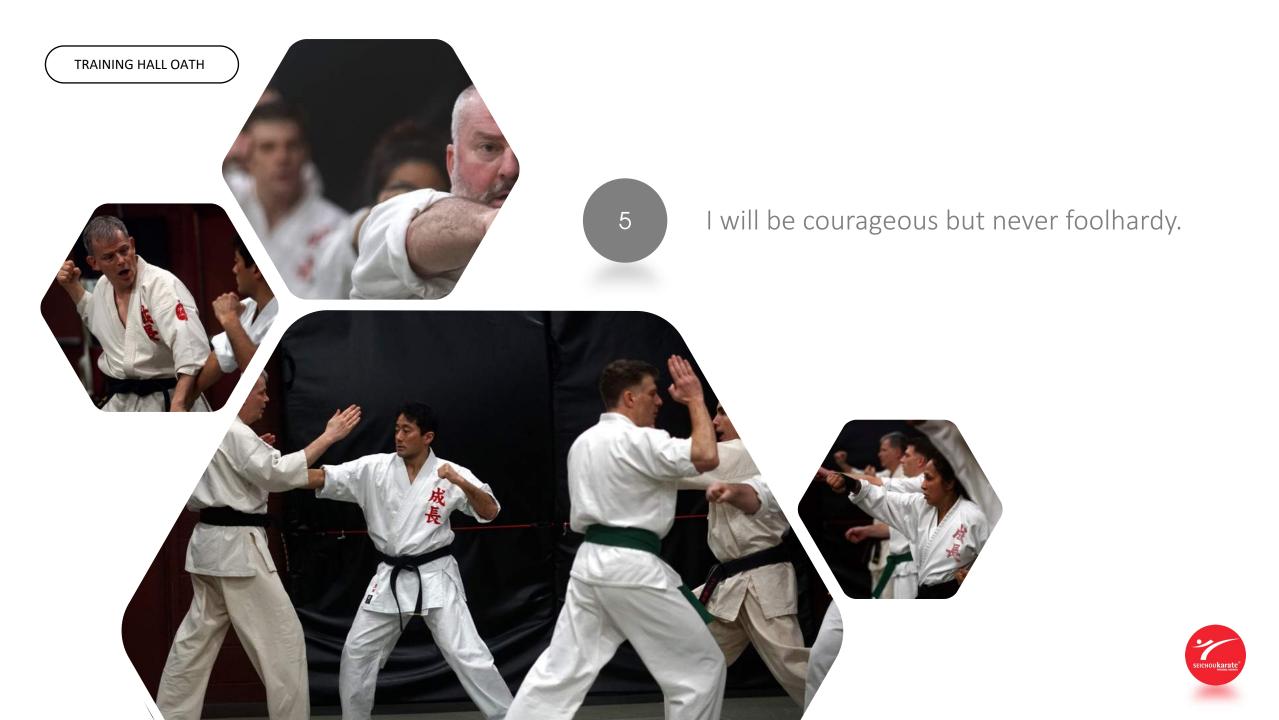
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I will shun negative influences and purge myself of negative thoughts.

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I will treasure my good health and make the most of my opportunities.







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In turn, I am confident that goodness, health, and strength will multiply within me as I practice Seichou Karate<sup>®</sup> and walk the path of Personal Growth.



