

CREEDS

MY EMPTY HANDS

I COME TO YOU WITH NOTHING BUT KARATE....
I HAVE NO WEAPONS, BUT SHOULD I BE FORCED
TO DEFEND MYSELF, MY FAMILY, OR MY HONOR
THEN HERE ARE MY WEAPONS.... MY EMPTY HANDS.

THE WAY OF LIFE

KARATE-DO IS THE WAY OF LIFE. TO SEARCH FOR THE OLD IS TO UNDERSTAND THE NEW.
THE OLD... THE NEW, THIS IS A MATTER OF TIME... AND IN ALL THINGS ONE MUST KEEP A
CLEAR MIND... KARATE DO IS THE WAY, AND I WILL PASS IT ON STRAIGHT AND WELL TO
YOU.

I AM A WARRIOR

I AM A WARRIOR! BUT I COME IN PEACE.
MY ONLY WEAPONS ARE:
MY MIND
MY HEART
AND MY HANDS.

TO BE THE BEST

TO BE THE BEST, I HAVE TO *GIVE* MY BEST!
TO BE THE BEST, I HAVE TO *GIVE* MY BEST!
TO BE THE BEST, I HAVE TO *GIVE* MY BEST!
ALL THE TIME ... NOT SOME OF THE TIME
BUT ALL THE TIME!

THE AMERICA KARATE ACADEMY CREED

I am an American Karate Academy Warrior
This is my patch
The RED represents the blood which I shall never shed
The BLUE represents the sky that I look up to
The WHITE represents purity
The BLACK is the border that keeps it all together
The 5 GOLDEN STARS represent the 5 senses
The TIGER represents power by land
The EAGLE represents power by air
The YIN and YANG represent opposites, good and evil
This is my American Karate Academy Patch and I wear it proudly.

WE TRAIN HARD

WE TRAIN HARD
AND WE TRAIN TO WIN