



Rising Tide Martial Arts Student Creed

Student Creed

Here we are peaceful warriors, and only fight for what is right. We act with kindness, honesty, and integrity - on and off the mat. Like a tide, when we're pulled down, we rise up again!

Student Creed With Motions

Here (*point to ground with right hand*) **we are peaceful** (*do a peace sign with right hand*) **warriors** (*guarding stance*) **and only fight** (*punch with right hand*) **for what** (*punch with left hand*) **is right** (*punch the sky with right hand*). **We act with kindness** (*right hand over heart*), **honesty** (*left over heart*), **and integrity** (*ready position*) - **on** (*step forward*) **and off** (*step backward*) **the mat. Like a tide** (*pretend to surf*) **when we're pulled down** (*crouch down*) **we rise up again** (*jump up*).