

HOW WE TEACH

Our mission is to help our students become more successful in life through their practice, knowledge, and discipline of the Martial Arts.

Our instructors use methods of encouragement and positive reinforcement to teach and train our students. Students become more disciplined and self-confident both inside and outside the Dojang. Our instructors are not only role-models, but, also create strong friendships with students and their families. Of the many principles we teach, our main focus is RESPECT. Our students are taught to always be respectful and polite both inside and outside the Dojang.

Our primary Martial Arts discipline is Tae Kwon Do, however, we also incorporate various other Martial Arts disciplines; such as: Karate, Hap Ki Do, Aikido, Judo, Jiu-jitsu/Grappling, and Muy Thai/Kickboxing. With exposure to a wide variety of disciplines, students at Iron Fist Martial Arts receive high quality training and a great knowledge of the Martial Arts.

STUDENT CREED

As a dedicated student of the Iron Fist Martial Arts Academy, I will choose to live by the principles of a Black Belt through: Discipline, Honor, Respect, Modesty, Perseverance, Courage, and Focus.

THE 7 PRINCIPLES OF BLACK BELT EXCELLENCE

- Discipline:** Self-control over one's emotions, actions, and personal belongings,
- Honor:** To be fair. To never lie, cheat, or steal. To have integrity.
- Respect:** To be polite and courteous to all.
- Modesty:** To be humble. To not show off or be prideful.
- Perseverance:** To always try your best and never give up.
- Courage:** To be brave enough to make the right choices during difficult circumstances.
- Focus:** To pay attention. To be aware of your surroundings. To listen.

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