



**Mount Pleasant
Family Martial Arts**

Words of the Belt



White: Self-Control

Control your mouth and body.

Yellow: Respect

Be nice to people and things.

Orange: Self-Discipline

Do what you know you should do even when it's inconvenient.

Purple: Knowledge

Open yourself to the wisdom of others.

Green: Focus

Concentrate on one thing at a time.

Blue: Courage

Stand up for what you believe in.

Red: Confidence

Believe in your abilities.

Brown: Intensity

Extraordinary power and focus.

Black: Honor (Integrity)

Do what's right even when no one is looking.