



AKKA Karate USA

Pledge of Honor

With Honor

We will apply ourselves to the study of karate, placing foremost the improvement of both mind and body to develop a better understanding of others. Striving for an ultimate serenity that can only come from a complete understanding of ourselves, we approach life's problems with the patience karate has given us. Never will we unjustly dishonor our fellow students, our teachers, the AKKA Organization, or the Art of Karate through misusing the secrets we are learning. To this we, the students of AKKA, do swear.

Basics

They must accurate
They must be focused
They must be fast

**Honesty in the Heart,
Knowledge in the Mind,
Strength in the Body**

Self-defense

Do not anticipate
Perfect your technique
Move swiftly with focus

Kata

To elicit a state of mind
To train for total awareness
To encode movement and breath properly

Kumite

Safety first
Respect your opponent
Total self-control