

**CONFIDENCE**

**FOCUS**

**RESPECT**

**BALANCE**

**100% EFFORT**

**TEAMWORK**

**BEST BLOCKS**

**BEST KICK**

**CHOICES**

**BEST PUNCH**

**BLACK BELT**

**BULLY**

**CONFIDENCE**

**COORDINATION**

**DETERMINATION**

**DISCIPLINE**

**FITNESS**

**GOALS**

**HONESTY**

**PRACTICE**

**SPARRING**

**SPEED**

**STANCES**

