

White Belt = *Attitude*: The first step toward black belt begins with your character.



Orange Belt = *Confident*: You must believe it before you can achieve it.



Yellow Belt = *Goals*: Picking the destination is not enough; you must put forth the physical and mental work to achieve it.



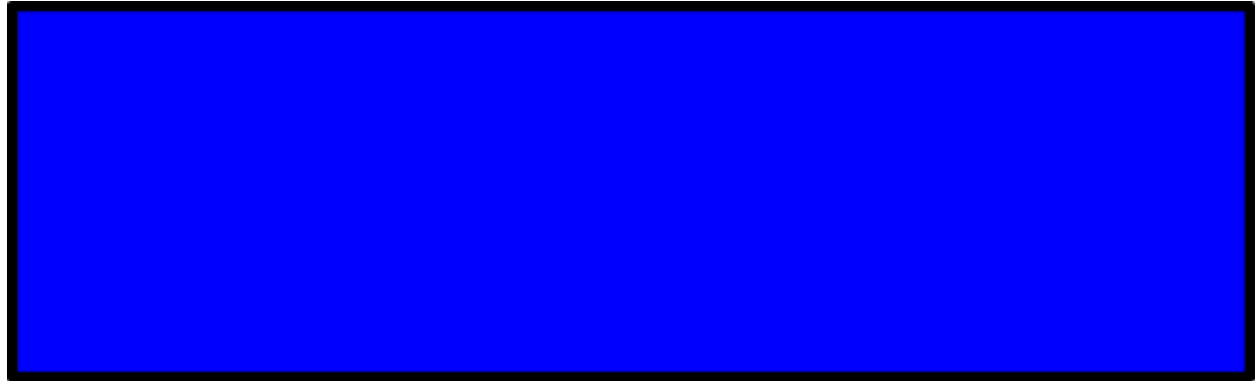
Camouflage Belt = *Self-Control*: With increasing physical skill comes greater responsibility.



Green Belt = *Respect*: It is not just given; it must also be earned.



Purple Belt = *Self-Esteem*: To achieve your ultimate goal, you must first have faith in yourself and your abilities.



Blue Belt = *Integrity*: When the path becomes steep, look deep inside yourself and do not take the easy route.



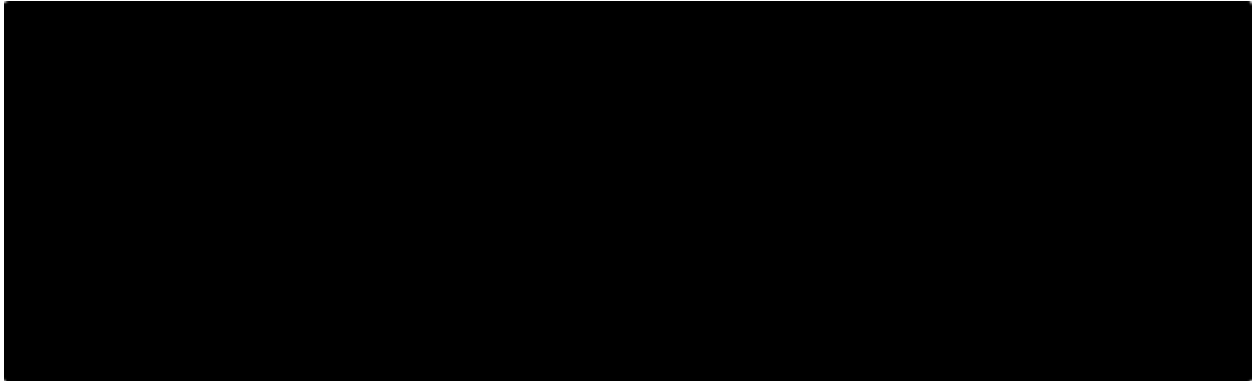
Brown Belt = *Focus*: Your ultimate goal is in reach; do not lost sight of your destination.



Red Belt = *Discipline*: To fulfill your goals, your will must lead the way.



Recommended Black Belt = *Perseverance*: Each time you fall, you must strive to get back up.



Black Belt = *Dedication*: Your destination has been reached; a new journey lies ahead. Remember all that got you here, for it will be useful in the years ahead.