



# OUR VALUES

## SELF - DISCOVERY

Embarking on the journey through martial arts and using the life coaching workshops, students will go on a personal journey of self-discovery. On this journey students will learn to understand emotions and boundaries and how to implement their teachings into their lives. Understanding yourself and developing your own knowledge and skills will allow the student to be the best version of themselves, mentally and physically.

## RESPECT

Understanding what respect truly means, how to respect others, how to respect the world around us and how to respect yourself. Students will learn this core value through discipline within classes and learnings from the workshops provided throughout the grading syllabus. Students will be expected to demonstrate this at all times in classes, tournaments, workshops and outside of lessons.

## EMPOWERMENT

Through the teaching of STAND Martial Arts Academy, we will give students the confidence, self – belief, heart and courage to push their physical and mental limits. This will empower them to stand up for their beliefs, stand by their values and stand their ground in life and on the mats. The teachings of striking and self-defence techniques alongside the workshops will give students the platform to succeed in all aspects of their lives.

# SELF DISCOVERY ★ RESPECT ★ EMPOWERMENT

STAND Martial Arts Academy Is A Trading Name of STAND IN POWER LTD

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