

Stephen Oliver's Mile High Karate
 "...the most important lesson."

The most important lesson to master in the martial arts , is that of RESPECT. To project it, live with it, and let it guide your every decision and action.

For Questions About Our Program:

<p style="text-align: center;">SHOW RESPECT</p> <p>Call your parents "yes sir" and "yes mame" for the whole week. Be extra polite. Say "I love you" at every opportunity, especially when they do something nice for you.</p>	<p style="text-align: center;">RESPECT FOR TEACHERS</p> <p>Go out of your way to show respect, and appreciation for your teachers. Focus your eyes, mind, and body; and say "thank you for class!"</p>	<p style="text-align: center;">CLEAN YOUR ROOM</p> <p>Clean the whole house! Every room should have your personal touch! Your room should be perfect! Clothes off the floor, toys organized, bed made! Do it every day!</p>
<p style="text-align: center;">THANK YOU "I LOVE YOU"</p> <p>Always show your affection and respect for your parents as often as possible. "Thank you" and "I love you" should be part of your daily courtesy rituals. Make mom and dad feel appreciated.</p>	<p style="text-align: center;">DO IT THE FIRST TIME...</p> <p>Do the things you need to do, without being asked. Dress yourself, take care of your own duties and responsibilities without your parents having to say anything! WOW!</p>	<p style="text-align: center;">GO ABOVE AND BEYOND</p> <p>Do something to help your parents when they least expect it! Do something extra special, that you don't ordinarily do. Set the table, help with the chores, be creative!</p>

*** Attitude stripes will be given for each task effectively completed over the period of one week. Students must bring a note (written and signed by their parents) describing how each task is accomplished. A Special Graduation at the Karate School will be held to celebrate each student's accomplishments.