

Philosophy Cues

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ATTENTION

What does attention mean?

FOCUS, CONCENTRATION & SELF- CONTROL

3 LAWS OF CONCENTRATION Focus your Eyes, Focus your Mind and Good Posture

BOW

Why do we bow? It is our DeSantos Martial Arts greeting and show respect.

RESPECT

What does respect mean? Honour, courtesy, consideration, kindness, politeness, etc.

READY POSITION

What is ready position? Ready to take action NOW!!

INDOMITABLE SPIRIT

Is the spiritual development at DeSantos Martial Arts to never quit no matter what. Having the courage to continue. Try and Try again.

KIAI

What is Kiai? A loud yell for concentrated energy and power. Becoming unstoppable. It is how we develop our spiritual martial arts. What does this develop? Making up your mind that you are committed. To excel, you must commit and concentrate 100% of your energy on whatever you are doing.

ENERGY

Why do we give energy? With energy you can take action. With action, you can achieve your goals. How do we give energy? By clapping our hands and cheering with excitement.

GIVE VALUE

What is giving value? Caring for others. To give and not expect anything in return. How do we give value? By clapping our hands or by giving recognition.

HUSTLE

Why do we hustle? To never be lazy. To be in peak state all the time.

CANI

What is CANI? A commitment to Constant And Never ending Improvement to Black Belt Excellence!