



## **Peterson's Martial Arts Mu Sa Kwan Tang Soo Do Federation**

### **IMPORTANT TRAINING FACTORS**

1. Your goal for each session should be to enhance your mental and physical self.
2. Always be sincere.
3. Always supply the most effort (mentally and physically) that you can – do your best!
4. Be consistent in your training schedule.
5. Train in the spirit of Mu Sa Kwan Tang Soo Do.
6. “Listen and learn” in regards to your instructors and seniors – do not challenge their advice, but respectfully ask for explanations as needed.
7. Be patient and not overly ambitious.
8. Be alert to all aspects of your training.
9. Do not become idle in your training, work to avoid the feeling.
10. Always clean up after you have finished practice.
11. Training is always on the mind.
12. Train to overcome obstacles.
13. Always train under control.
14. Tomorrow's battle is won during today's practice.