

**Call and Response 1-20**

Practitioner, your responsibility is to know the entire sentence.  You will be asked these daily and will be tested on these during exam time.  The correct format when in class is as follows:

    1.    The Head Instructor/Instructor will recite the phrase prior to the dash.

    2.    The students will respond on what's listed after the dash.

We need your full commitment and energy in the responses.

Memorize the sayings as they are applicable to your daily life.

The studying and memorization of these call and responses is the true essence of a Black Belt.

You will be tested on these according to the corresponding rank.

**White Belt**

    1.    Always Start - With the end in mind.

    2.    Martial Arts Man - Walks through walls.

**Yellow Belt**

    3.    Warriors - Stay Strong all the time.

    4.    The more you sweat in Peace- the less you bleed in war.

**Orange Belt**

    5.    How do you get better - effective effort, hard work, smart work, commitment, focus, strategy and understanding.

    6.    Higher the knee - higher the kick.

**Green Belt**

    7.    What goes out - must come back.

    8.    What goes around - comes around.

**Blue Belt**

    9.    Life is unfair - Especially to the weak.

    10.    Remember - practice Forms Everyday.

**Purple Belt**

    11.    Read - So you may learn what you know not.

    12.    Man or mouse - Man

    13.    Champ or Chump - Champ

    14.    We Are - Natural Born Martial Artists

**Brown Belt**

    15.    Many are called - Few are chosen.

    16.    Remember - practice form everyday.

**Red - Half Black Belt**

    17.    Who's the man? - I am.    Who's the man? - Right here.        Who's the man? - you're looking at him.

    18.    Ninety nine percent - Just won't do.

    19.    Focus the knee - Over the big toe.

    20.    Focus up on - Contact.

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