



GABRIELES *Martial Arts*

Your Premier Mixed Martial Arts Family Center

◆ Training Champions in the Community Since 1999 ◆

◆ www.GabrielesKarateKickbox.com ◆

TERMINOLOGY

Sempai: Underbelt Assistance Instructor

Sensei: Black Belt Instructor

Shihan: Expert or Senior Sensei

Kohai: Eager Student

VIP: Very Involved Parent (i.e. hosting events at the school, training in the Martial Arts leading by Example, supporting the Martial Arts culture, etc.)

Osu: Expression of greeting, respect, honor and used when the Sensei instructs "Courtesy" and student bow.

Champions Mindset: Striving for excellence and living by the Student Creed and Black Belt Principles. Shouting from the Rooftop about everything they love.

LBEEE: Leadership by Example with the Energy for Excellence!

SWAT: Student Working At Teaching & Special Winning Attitude Team
Students get invited after at least 1-2 Years of Training and Proper Age

Dream Team: A inner school performance team which Senseis Lead

BLACK BELT PRINCIPLES

Modesty: Not bragging or boasting about success

Courtesy: Excellent manners and social conduct; Polite Behavior

Integrity: Being completely honest

Perseverance: Steady persistence in a course of action; non-quitting spirit

Self-Control: Controlling one's self from actions or behavior

Indomitable Spirit: A unswerving success oriented attitude of a warrior