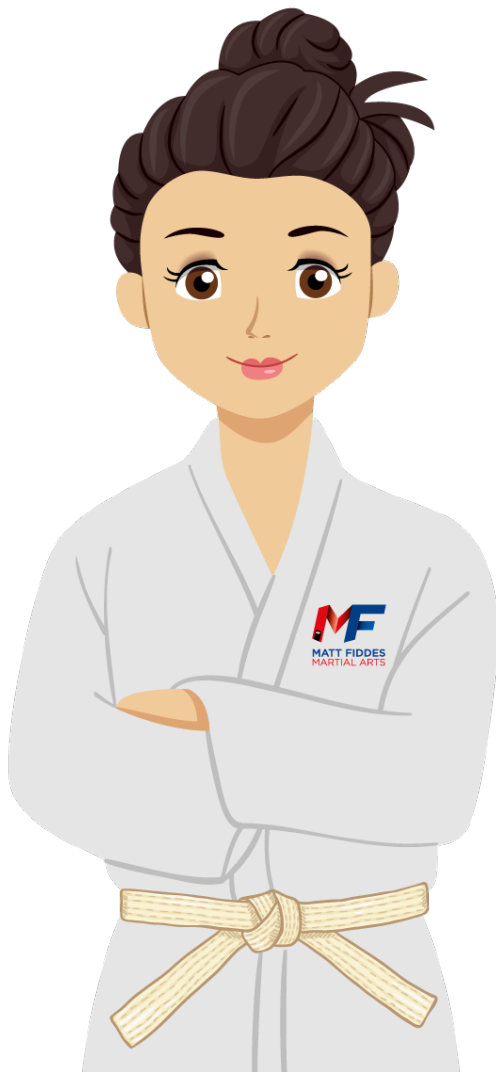


MF WHITE BELT PHILOSOPHY

Here you will learn our basic Instructor commands

- Sir/Ma'am says, "Set"
Students stand to attention & say,
"Concentration, Sir/Ma'am"
- Sir/Ma'am says, "Courtesy"
Students bow and say,
"Respect, Sir/Ma'am"



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