

Tiger Koo's Martial Arts Academy



10 Articles of Mental Training

1. Be loyal to your country. **Loyalty Sir!**
2. Be obedient to your parents. **Obedience Sir!**
3. Be loving to your family. **Love Sir!**
4. Be cooperative with others. **Cooperation Sir!**
5. Be faithful to friends. **Faithful Sir!**
6. Be respectful of masters. **Respect Sir!**
7. Be honest in personal affairs. **Honesty Sir!**
8. Show concern for others. **Compassion Sir!**
9. Never attack without reason. **Mercy Sir!**
10. Finish what you start. **Persistence Sir!**