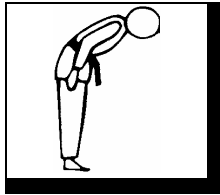




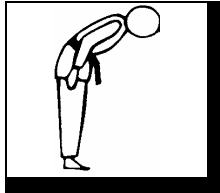
## Starkville *Martial Arts Academy* *Why Bow?*

Address: 106 S Lafayette St., P.O. Box 1365, Starkville, MS 39760  
Telephone: (662) 323 5522

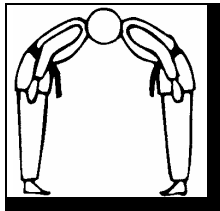
The bow, in many societies is the highest form of greeting. As such, it is a symbol of respect for ourselves and to others. I bow when I enter or leave the *dojo*, or practice hall out of respect for the house, itself.



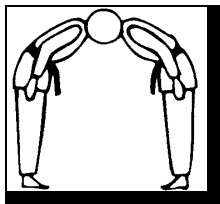
When I enter or leave the playing area, I bow out of respect to the martial art that I practice. The bow is a pause to clear my mind and bring my attention to what I am about to do.



At the beginning of class, I bow to my instructor(s), respecting the years of work they have invested learning and perfecting their technique, and for their dedication to me to pass along this knowledge. We all recognize that none of us would be here were it not for the efforts of others.



I bow to my practice partners thanking them for giving me the opportunity to improve my technique. We offer each other the gift of trust and the bow recognizes the value of that gift



I bow to my opponents in competition, out of respect for their technique and to thank them for giving their best effort in the competition.

Finally, I bow out of respect for myself