



Tenets of Taekwondo

- **COURTESY** – courtesy is most nobly embodied by acts that demonstrate a deep enduring respect and consideration for the rights and feelings of others. Courtesy is much more than polite manners or gallantry; it is a reflection of a deeper sense of compassion and caring for things larger than oneself. When one is possessed by a high regard for the greater good, courteous acts do not require a concerted effort, but become a natural expression of one's inner state.
- **INTEGRITY** – integrity is demonstrated by knowing the difference between right from wrong, and always attempting to do the right thing, regardless of the consequences to oneself. This accepting blame for one's mistakes, feeling guilt, and attempting to put things right when possible.
- **PERSEVERANCE** – no goal worth attaining can be achieved without perseverance. Perseverance is demonstrated by a steadfast, enduring determination to stay the course, regardless of discomfort, physical or emotional pain, or feelings of failure, fear, or self-doubt. The ability to persevere and overcome great obstacles and challenges can only come from a strong inner resolve, a belief in oneself, and a confidence in one's intimate and unalienable connection to the greater universe. Unwavering courage, fortitude, patience, and mental and physical resiliency are all underlying character traits that are integral to the ability to persevere.
- **SELF-CONTROL** – ability to exercise restraint over one's impulses, emotions, or desires. Without self-control, the practice of Taekwondo is an extremely dangerous activity. A loss of self-control during sparring can easily result in serious injury to oneself or partner. When one loses self-control, one is no longer in harmony with oneself or the outside world. In combat, this is a recipe for defeat; in life, it leads to failure and an alienation from other human beings. Judicious self-control is fundamental if one hopes to evolve toward a seamless unification of body, mind, and spirit. In its highest form, self-control is far more than a mere reflection of self-denial or discipline; it is the embodiment of patience, tolerance, and a profound respect for life and for oneself.
- **INDOMITABLE SPIRIT** – all great acts of courage and heroism in the face of overwhelming obstacles are ultimately a reflection of indomitable spirit. The cultivation of indomitable spirit is considered to be centrally important. It is most nobly manifest in those individuals whose principles and resolve cannot be broken, subdued, conquered, or defeated. In its highest form, indomitable spirit is the reflection of a bedrock morality, unassailable convictions, and an unconquerable spirit irrespective of a victory or defeat.

Student's Oath:

- I shall observe the tenets of Taekwondo.
- I shall respect the instructors and senior belts.
- I shall never misuse Taekwondo.
- I shall be a champion of freedom and justice.
- I shall build a more peaceful world.

Student's Creed:

- To build myself physically and mentally.
- To build friendship and to be a strong group.
- To develop might for right and never fight selfishly.
- To show respect for instructors and to aid junior students.