

TENETS OF TAE KWON DO

COURTESY (Ye Ui)

To be polite to everyone. You must always be courteous to your instructors, seniors and fellow students. Eg: saying please and thank you and bowing (Kyong-Ye)

INTEGRITY (Yom Chi)

To be honest with yourself. You must be able to define the difference between right and wrong. Eg; if you are asked to do 10 press ups you do 10, not 9 or 8.

PERSEVERANCE (In Nae)

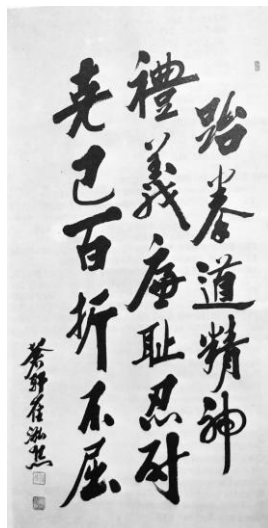
To Achieve a goal. Whether a higher grade or a new technique, you should never stop trying.

SELF CONTROL (kuk gi)

To always be in control of your actions. You must be able to live, work and train within your capabilities. Control your actions and thoughts. Never lose your temper.

INDOMITABLE SPIRIT (baekjul boolgool)

To show courage when you and your principles are pitted against overwhelming odds. You should do your utmost to never give up. Always be brave.



The Five Tenets of Tae Kwon do

written in Calligraphy by

General Choi Hong Hi

