

The Tenets of Taekwondo and our Student Oath represent ideals that we attempt to achieve in order to strengthen our character. All students of Taekwondo are expected to be able to name them, recite them, understand them, and to use them as governing principles in all areas of daily life.

Tenets of Taekwondo

Courtesy

Being courteous means to show respect for others and treat them as you would wish to be treated. The practice of courtesy encourages a sense of justice and humanity. The practice of courtesy and proper etiquette allows us to distinguish instructor from student, senior from junior, and elder from younger. Students should practice courtesy to build their character and to allow us to conduct training in an orderly manner.

Integrity

We must be truthful and honest, not only with others, but also with ourselves! Integrity means to have a wholeness that is often associated with truth and commitment to principles. Integrity should lead you in your daily decisions and the way you live your life.

Perseverance

“If at first you don’t succeed, try, try again!” We are all familiar with this popular expression that demonstrates the spirit of perseverance. Life is a series of challenges and, frequently, we face obstacles in the path to our goals. We must patiently face these obstacles with a positive mental attitude, not seeing them as problems but as challenges to be met and surpassed on the road to achievement.

Self Control

To control not only your body in its physical motions, but also your mental attitude so that you are open to learning and able to achieve your goals. In order to achieve control, you must first take responsibility for all of your actions. By recognizing the things you can change to avoid problems and failure or merely to improve your technique, you can then learn to control them. Self control means you are in control of your own actions and have the option of making your own decisions. With self control will come the rewards and consciousness of our actions.

Indomitable Spirit

Indomitable Spirit means to have the courage and strength of character to face adversity, whether mental or physical, and to triumph over it.