

THE FIVE TENETS

Tae Kwon Do transforms character and enables one to maintain composure and security, which will in turn create patience and modesty. This will eventually lead a person to overcome themselves with self-sacrifice, thus becoming an outstanding leader in society. The five tenets of Taekwondo define the spirit and philosophy of a good martial artist.

Courtesy

Kindness and treating others with respect. Live with a cooperative attitude and a generous heart. Say "please" and "thank you" and be polite at all times, even with strangers.

Integrity

Honesty, trustworthiness, and incorruptibility. Do the right thing. Have integrity beyond reproach. Live by a code of moral values. If you make a mistake, correct it and do not repeat it.

Perseverance

Determination, steadfastness, and persisting in spite of difficulties. Be patient with yourself and always keep trying. Never give up in pursuit of your goal.

Self-Control

Exercising restraint over one's impulses, self-discipline. Be able to still your mind and your body. Learn to control your emotions and attain self-mastery. Act don't react.

Indomitable Spirit

Unconquerable courage, a 'yes I can' attitude. Nobody can ever break your spirit, no matter what they say or do to you. You are your own master.