



Five Tenets of Taekwondo

Courtesy (yee-wee)

예의

Always show courtesy to all others in the dojang and outside of training. Observe etiquette and manners at all times.

Integrity (yom-chee)

염치

Always be honest to others, and to yourself. Resist temptation and corruption. Stand up for what is morally and ethically right.

Perseverance (een-nay)

인내

Always strive to advance, even in the presence of challenges and obstacles, in your training, and in daily life.

Self Control (gook-gee)

극기

Always stay in control over your thoughts and your actions. Do not let your emotions control your actions, even in difficult situations.

Indomitable

Spirit

(beckjool-boolgool)

백절불굴

Always stand up for your beliefs. Give 100% effort each day, in your training, and in daily life.

