

Songahm Spirit of Taekwondo

As the Taekwondo class begins:

“Sir:
I will practice in the **Spirit of Taekwondo**,
With **courtesy** for fellow students,
Loyalty for my instructor,
And **respect** for my juniors and seniors,
..... Sir!”

As the Taekwondo class ends:

“Sir:
I shall live with perseverance in the **Spirit of Taekwondo**,
Having **honor** with others,
Integrity within myself,
And **self-control** in my actions,
..... Sir!”