



TENETS OF TAE KWON DO

KNOW & BE ABLE TO EXPLAIN WHAT EACH TENET MEANS.
TELL HOW THEY APPLY TO LIFE BOTH INSIDE & OUTSIDE THE STUDIO.

TENETS OF TAE KWON DO

COURTESY

Courtesy means being kind and respectful to yourself and to others - both inside and outside the studio. Being courteous is a mindset and an action word. Be observant and look for ways to help others - no act of kindness is too small.
"The Golden Rule" - Treat others the way you would like to be treated.

HUMILITY

Humility is your willingness to continue to learn and be taught - regardless of how much you already know. It is recognizing your own strengths and weaknesses and valuing the strengths and weaknesses of others. Humility is not placing yourself above another and allowing yourself and other's room to make mistakes and progress.

INTEGRITY

Integrity is doing what you say you are going to do. When you show Integrity you do the right thing even when it's hard or when no one is looking. Having Integrity shows people what your heart is really like. When you are honest with yourself and with others you are showing that you have Integrity.

SELF CONTROL

Self-Control is the willingness to pursue and practice skills that allow you to stop, wait, listen, and react calmly when you feel frustrated or overwhelmed. Self-Control is understanding your environment and making choices that keep yourself and others emotionally and physically safe. It is your personal ability to stay in control of your thoughts and actions.

PERSEVERANCE

Perseverance is your willingness to work hard, overcome challenges, and stay focused on achieving your goals even when it takes a long time to achieve them. Having Perseverance keeps you going when things get hard and you are motivated to give your best effort. Never give up!
Remember - A Black Belt is a White Belt who never quit.

INDOMITABLE SPIRIT

Having an Indomitable Spirit means to have a strong and unconquerable spirit even when things seem physically impossible. We ALL experience failure and disappointment, both inside and outside of Martial Arts. Having an Indomitable Spirit teaches us how to move through failure with resilience and a good attitude.





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QUOTES

COURTESY

“Courtesy carries with it the essence of civility, politeness, and consideration of others. All of the education and accomplishments in the world will not count for much unless they are accompanied by marks of gentility, of respect for others, of going the extra mile.”

- *Gordon B. Hinckley*

HUMILITY

“A humble mindset has significant positive effects on our cognitive, interpersonal, and decision-making skills. Humility is directly related to our ability and willingness to learn. Humble people are better learners and problem solvers. Humble students who are genuinely open to feedback often overtake their naturally more talented peers who think so highly of their own abilities that they reject all advice. Some studies have found that humility is more important as a predictive performance indicator than IQ.” - *Positive Psychology*

INTEGRITY

“It’s not the honors and the prizes and the fancy outsides of life which ultimately nourish our souls. It’s the knowing that we can be trusted, that we never have to fear the truth, that the bedrock of our very being is good stuff.” - *Mr. Rogers*

SELF CONTROL

“When we can no longer change a situation, we are challenged to change ourselves... Everything can be taken from a human but one thing: the last of the human freedoms - to choose one’s attitude in any given set of circumstances, to choose one’s own way.”

- *Victor Frankl*

PERSEVERANCE

“The brick walls are there for a reason. The brick walls are not there to keep us out. The brick walls are there to give us a chance to show how badly we want something. Because the brick walls are there to stop the people who don’t want it badly enough. They’re there to stop the other people.” - *Randy Pausch*

INDOMITABLE SPIRIT

“There are no constraints on the human mind, no walls around the human spirit, no barriers to our progress except those we ourselves erect.” - *Ronald Reagan*

