



## *USTKD TEAM MURRIETA*

### **5 Tenets of Taekwondo**

*Courtesy*

be polite to each other, and show respect towards one another. Remember the Golden Rule.

*Integrity*

to know right from wrong; the practice of discernment.

*Perseverance*

patience is a virtue. Do not become discouraged; instead, focus on making small improvements each time you attend training sessions.

*Self-control*

this applies inside and outside the Dojang, impacting Taekwondo and your personal life. A loss of self-control can be disastrous, reflecting negatively on you as well as the Dojang. Never do or say anything questionable that you would have to explain to your parents or instructors.

*Indomitable Spirit*

encompasses a number of personal attributes including modesty, honesty, and fortitude. A Taekwondo student will always face injustice head-on, whether personal in nature or one that affects the safety of others. To have an indomitable spirit is not being afraid to stand up for what's right despite the consequences.