



## The Five Tenets of Taekwondo

Below are the core principles that every Taekwondo student should strive to demonstrate, not only in training, but also in daily life.

### **1. Courtesy**

To be kind and respectful.

### **2. Integrity**

To be honest and trustworthy.

### **3. Perseverance**

To set goals and achieve them.

### **4. Self-Control**

To control your mind, body and emotions.

### **5. Indomitable Spirit**

When you fall down, get back up.