

## Tenets of Taekwondo

**Courtesy**-Is being polite and respectful. Courtesy promotes mutual understanding, harmony, peacefulness, humbleness, cooperation, respect and a sense of justice.

I display **courtesy** by giving or making something available to some one out of kindness.

**Integrity**- Is honor, reliability, veracity and always doing the right thing. In Taekwondo we must be able to determine right from wrong and have a good conscience.

I display **integrity** by ignoring people who do the wrong thing in school.

**Perseverance**-Is never give up or to quit. Perseverance is the quality of being insistent. Success comes to all who don't give up.

I display **perseverance** when I am in a national Taekwondo tournament sparing and the score is zero to five and I don't give up.

**Self Control**-Is being the master of your own impulses. Self control is your ability to get along and adapt to your environment and to recognize your capabilities.

I display **Self control** when people tease me I don't pick a fight and back talk.

**Indomitable Spirit**-Is never wanting to give up or quit. Indomitable spirit means standing up for what is just, regardless of who tells you that you are wrong.

I display **indomitable spirit** by continuing playing baseball even though we were losing the game.

Becoming a Black means to me that I have just made an accomplishment and I will always keep the tenets in mind. My accomplishment took 3 years but I used **perseverance**.

