

Songahm Spirit of Taekwondo

Beginning of Class

"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!"**

End of Class

"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!"**

Taekwondo for Kids Oath

As a Taekwondo Event begins or ends:

Sir...

**Each Day I will live by Honoring my Parents and Instructors;
Practicing to the Best of my Ability;
And having Courtesy and Respect for Everyone I meet.
...I Promise, Sir!**

Tiny Tigers Student Oath

As a Taekwondo Event begins or ends:

**To be a Good Person (right hand up, reinforced with left hand)
Knowledge in the Mind (hand touches the head)
Honesty in the Heart (hand touches the heart)
Strengthen in the Body (making a muscle)
To make Good Friends (shaking hands)**