



## Songahm Spirit of Taekwondo

### At the 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

### At the 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.