

Songahm Spirit of Taekwondo \*

“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!”

“Sir:

I shall live with perseverance in the Spirit of Taekwondo,

Having honor with others,

Integrity within myself,

And self-control of my actions,

...Sir!”