

## **The 5 Tenets of Tae Kwon Do**

**Courtesy (Ye Ui)** Thoughtfulness and respect. Tae Kwon Do practitioners (both students and instructors) should be polite, and show consideration for others.

**Integrity (Yom Chi)** How you should interact with others. To be honest and good, earn respect and trust.

**Perseverance (In Nae)** Your internal drive. Challenges allow us to improve ourselves and should therefore not be avoided.

**Self-Control (Guk Ki)** To have control of your body and mind. A Tae Kwon Do student should practice controlling their actions and reactions.

**Indomitable Spirit (Baekjool Boolgool)** To have courage in the face of adversity. A Tae Kwon Do student should never be dominated by, or have their spirit broken by another.