

The Student Oath

As a student of Tae Kwon-Do, I do solemnly pledge to abide by the rules and regulations of the Tae Kwon-Do Association, to strive always to be modest, courteous and respectful to all members, in particular my seniors, to put the art into use only for self defence or defence of the weak and never to abuse my knowledge of the art.

Conduct in the Dojang

Every student must observe the following conduct in the Dojang in order to maintain an orderly and effective training hall.

- 1 Bow upon entering
- 2 Bow to the Instructor at a proper distance
- 3 Exchange greetings between students
- 4 Bow to Instructor upon forming a line prior to training
- 5 Bow to the Instructor upon forming a line prior to dismissal
- 6 Bow before leaving the Dojang.

10 POINTS TO BECOMING A GOOD TAE KWON-DO STUDENT

- Never tire of learning; a student must always be eager to learn and ask questions. A good student can learn anywhere anytime. This is the secret of knowledge.
- A good student must be willing to sacrifice for his art and his Instructor. Many students feel that their training is a commodity bought with monthly fees, and are unwilling to take part in any demonstrations, teaching, or work around the Dojang. An instructor can afford to lose this type of student.
- Always set a good example to lower ranking students. It is only natural that they attempt to emulate their seniors.
- Always be loyal and never criticise the Instructor, Tae Kwon-do, or the teaching methods.
- If an Instructor teaches a technique, practise it and attempt to utilise it.
- Remember that a student's conduct outside the Dojang reflects on the Art and on their Instructor.
- If a student adopts a technique from another Dojang and the Instructor disapproves of it, the student must discard it immediately, or train in the Dojang where it was learnt.
- Never be disrespectful to the Instructor, although a student's allowed to disagree with the Instructor, he must first follow the instruction, then discuss the matter later.
- Always arrive before training is due to start, and ensure that you have a good attendance record.
- Never break a trust.



What is Tae Kwon-Do?

Tae Kwon-Do is a version of an ancient form of unarmed combat practised for many centuries in the Orient, perfected in its present form in Korea. Translated from Korean, 'Tae' literally means to jump, kick or smash with the foot. 'Kwon' means a fist chiefly to punch or destroy with the hand or fist. 'Do' means art, way or method. Tae Kwon-Do indicates the technique of unarmed combat for self-defence, involving the skilled application of punches, kicks, blocks, dodges and interception with the hand, arms and feet to the rapid destruction of the opponent.

To the Korean people Tae Kwon-Do is more than a mere use of skilled movements. It also implies a way of thinking and life, particularly in instilling a concept and spirit of strict self-imposed discipline and an ideal of noble moral re-armament.

In these days of violence and intimidation, which seem to plague our modern societies, Tae Kwon-Do enables the weak to possess a fine weapon to defend himself or herself and defeat the opponent as well. When wrongly applied it can be a lethal weapon.

The Tenets of Tae Kwon-Do

COURTESY: To be polite to one's instructors, seniors and fellow students.

INTEGRITY: To be honest with oneself. One must be able to define right and wrong.

PERSEVERANCE: To achieve a goal, whether it is a higher grade or any technique, one must not stop trying; one must persevere.

SELF-CONTROL: To lose one's temper when performing techniques against an opponent can be very dangerous and shows lack of control. To be able to live, work and train within one's capability shows good self-control.

INDOMITABLE SPIRIT: To show courage when you and your principles are pitted against overwhelming odds.