

Tenets of Taekwondo

At Midtown Taekwondo, we are not solely concerned with a student learning taekwondo. We are also committed to fostering the development of strong character. All students of Taekwondo are expected to be able to name them, recite them, understand them and to use them as governing principles in all areas of daily life.

Courtesy

Be kind. Be polite. Be respectful.

To show respect for others and treat them as you would wish to be treated. The practice of courtesy encourages a sense of justice and humanity. The practice of courtesy and proper etiquette allows us to distinguish instructor from student, senior from junior and elder from younger. Students should practice courtesy to build their character and to conduct training in an orderly manner.

Integrity

Do the right thing, even when no one is looking.

In Taekwondo the word "integrity" assumes a looser definition than the one usually presented in Webster's dictionary. One must be able to define right and wrong and have the conscience, if wrong, to feel guilt. We must be truthful and honest, not only with others, but also with ourselves. Integrity means to have a wholeness that is often associated with truth and commitment to principles. Integrity should lead you in your daily decisions and the way you live your life.

Perseverance

Never Give Up!

Life is a series of challenges and, frequently, we face obstacles in the path to our goals. We must patiently face these obstacles with a positive mental attitude, not seeing them as problems but as challenges to be met and surpassed on the road to achievement. One of the most important secrets in becoming a leader of Taekwondo is to overcome every difficulty by perseverance. Confucius said, "One who is impatient in trivial matters can seldom achieve success in matters of great importance."

Self Control

Be in control of your thoughts, your words, & your actions.

This tenet is extremely important inside and outside the do-jang, whether conducting oneself in free sparring or in one's personal affairs. A loss of self-control in free sparring can prove disastrous to both student and opponent. An inability to live and work within one's capability or sphere is also a lack of self-control.

Indomitable Spirit

Approach everything with a winning attitude.

To have the courage and strength of character to face adversity, whether mental or physical, and to triumph over it. A serious student of Taekwondo will always be kind, modest, and honest. Taekwondo students will face challenges and adversity with a winning attitude.