

Tenets of Taekwondo Poem

Courtesy is giving a bow
to Black Belts and teachers who show you how.
It's doing your chores before you are asked,
and being helpful in every class.
It's simple words like "thank you" and "please",
And never, ever to hurt or to tease.

Integrity is the simple rule,
of being honest at home and in school.
It's never cheating when taking a test,
or thinking you're better than all the rest.
To lie or steal just wouldn't be right,
so try to be honest with all your might.

Perseverance is telling you heart,
you're going to finish the things that you start.
It's refusing to quit when the going gets tough,
or starting to cry when the sparring gets rough.
It's not giving up on the board you must break,
no matter how many tries it may take.

Self Control states a simple fact,
you should always think before you act.
It's standing in class, not a muscle you twitch,
even if you only scratch an itch.
It's counting to ten when things make you mad,
then walking away because fighting is bad.

Indomitable Spirit is showing no fear,
and not freezing up when trouble is near.
It's knowing in life there's some risks you must take,
and along the way some mistakes you may make.
It's standing up proudly and thinking with glee,
I'm OK! I can do it! I believe in me!

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