



Songahm Spirit of Taekwondo Oath

At the beginning of each class or event:

"Sir/Ma'am,
I will practice in the spirit of
Taekwondo,
with **courtesy** for fellow students,
loyalty for my instructors
and **respect** for my juniors and seniors,
sir/ma'am!"

At the end of each class or event:

"Sir/Ma'am,
I shall live with **perseverance** in the
spirit of Taekwondo,
having **honor** with others,
integrity within myself and
self control in my actions,
sir/ma'am!"