



Songaham Spirit of Taekwondo



Before Class

**Sir, 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.**

After Class

**Sir, I shall Live with Perserverance
in the Spirit of Taekwondo
Having Honor With Others,
Integrity Within Myself,
and Self-control in My Actions, Sir.**

