

## **The Tenets of Tae Kwon Do**

**(Tae Kwon Do Jung Shin)**

**Courtesy** (Ye Ui)

**Integrity** (Yom Chi)

**Perseverance** (In Nae)

**Self-Control** (Guk Gi)

**Indomitable Spirit** (Baekjul Boolgool)

The definition of *tenet* is - :”A principle, doctrine, or belief held as truth, as by some group.”

Tae Kwon Do is a way of life. A way of life that has to go beyond the do-jang, which aids the student in becoming a better person and aids in setting an example for the other students. Utilizing the tenets of Tae Kwon Do as goals, will facilitate the student’s pathway to the Tae Kwon Do life. All of the tenets apply to your Tae Kwon Do training, as well as other aspects of your life.

### **Courtesy (Ye Ui):**

The Tao teaches us to treat everyone as equals, however they may behave. “They do not quarrel, so no one quarrels with them”. – (No. 22 of the Tao Te King).

Old saying, “You can catch more flies with honey than you can with vinegar”. In other words, you can accomplish more by being nice than by being nasty.

Observing proper etiquette and manners presents that equal face to all of the Tao.

### **Integrity (Yom Chi):**

Sa Bom Nim Father Connolly expanded the TKD tenets into the Four Respects, Five Appreciations, and Nine Expressions. When the student lives by those values, they will have the qualities of sound moral principles and sincerity which define integrity.

### Perseverance (In Nae):

Whether encountering a new technique, a new Hyung or a new situation, continuing on with tenacity in spite of any difficulties, obstacles or negative thinking is how the student perseveres.

### Self-Control (Guk Gi):

One of the “alls” in TKD is control. (“Timing is all. Control is all”.) Learning to stop your strike millimeters from the target, (Always have a specific attack tool to a specific target) gives you the control over your body so that when needed, you end up through the target. Thus, breaking the bone or the board. (If you aim for the surface of the board, it will never break). The student develops this physical control with 3-step, 1-step and then free-sparring. Also, and more importantly, self-control is the discipline of one’s own emotions, desires and actions.

### Indomitable Spirit (Baekjul Boolgool):

In all of history, one of the greatest examples of indomitable spirit is the 300 Spartans at Thermopylae. Ridiculously outnumbered, they stood their ground with courage for days. Had the Spartans not been betrayed by a local (who showed the Persians a shepherd’s path allowing them to out-flank the Spartans), they may have lasted until the main army’s arrival, thus changing the battle’s outcome. The performance of the defenders has become a symbol of courage against overwhelming odds.

Consistently exhibiting a 100% effort (mind, body and inner energy working together) will develop the Indomitable Spirit to face any situation, no matter what the odds against you may be.