

# TAEKWONDO PLUS ACADEMIES

## Taekwondo Tenets

- **Honor:** Respect shown to people who are admired or have authority.
- **Courtesy:** Polite behavior and manners shown to others.
- **Integrity:** Doing the right thing on your own and without expecting a reward.
- **Perseverance:** Not giving up at something, even if it's challenging.
- **Self-Control:** Control over your eyes, mind, and body without being told.
- **Courage:** Being brave during a scary or tough situation.
- **Community:** People who live in the same area or do the same activities.
- **Strength:** Having a strong body and mind.
- **Humility:** Being proud of yourself, but not bragging about it to make others feel bad.
- **Knowledge:** Information and skills you get from learning and from experiences.

Taekwondo tenets are the words a martial artist lives by not just in their academy, but in every part of their life.