

跆拳道

## **Songahm Spirit of Taekwondo**

Beginning of an ATA Event

“Sir/Ma'am,

“I will practice in the Spirit of Taekwondo,

“With courtesy for my fellow students,

“Loyalty for my instructors,

“And respect for my juniors and seniors,

“Sir!/Ma'am!”

End of an ATA 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!”

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