



MIDWEST MARTIAL ARTS

5 TENANTS OF TAEKWONDO

1. **COURTESY:** Politeness in your attitude and behavior towards others and yourself.
2. **INTEGRITY:** Doing the right thing. Legally and morally.
3. **PERSERVERANCE:** Never giving up. Fulfilling obligations and reaching your goals.
4. **SELF CONTROL:** Controlling your actions, emotions, and behavior even when it's difficult.
5. **INDOMITABLE SPIRIT:** A spirit that cannot be overcome with negativity. Not allowing anyone to drag you down! Having self-confidence.