



The Five Tenets of Tae Kwon Do

Tae Kwon Do has been taught for generations, and, like other martial arts, it is steeped in tradition and principles. Students are often drawn to the practice not just for the physical skills but for the adherence to the strict ethical code of conduct that the art requires of its students and Masters. At MAIA, we believe it is not enough simply to learn the movements of poomsae (the forms) and the kicking, striking, and blocking skills. We ask all our students to conduct themselves in a way that is becoming of a true martial artist both in and out of our dojang.

Perhaps the best place to begin is to review the five tenets of Tae Kwon Do and what it means for us as students at MAIA.

1. Courtesy (Ye Ui)

Definition: The showing of politeness in one's attitude and behavior towards others.

Quote: "Not only the footwear, wear also the courtesy, respect, and gratitude in your heart while stepping out of home." - Rupali Desai

What does this mean to an MAIA student?

It means showing respect to your instructors and fellow students by

- Being on time for class
- Bowing when entering and leaving the dojang,
- Bowing to Masters/Instructors as they enter and leave the dojang
- Standing at attention when speaking to a Master/Instructor
- Always listening to your Instructor when he or she is speaking
- Addressing Instructors with the appropriate title (Master, Mr. or Mrs – please ask if you are unsure)

For the junior ranks, it means being respectful to your senior ranks. For senior ranks, it is important to be patient and mindful with the junior ranks. You set the example for them to learn and grow in and out of the dojang.

2. Integrity (Yom Chi)

Definition: The quality of being honest and having strong moral principles; moral uprightness.

Quote: "Real integrity is doing the right thing, knowing that nobody's going to know whether you did it or not." - Oprah Winfrey



What does this mean to an MAIA student?

The best way to think of integrity is to always do the right thing. In class, if you say you will do 30 sit-ups, do the 30 sit-ups; don't do 28 but say you did all 30. It is important that if you commit to something, you see it through. Always be honest with yourself and others and recognize that dishonesty is never rewarded.

3. Perseverance (In Nae)

Definition: Persistence in doing something despite difficulty or delay in achieving success.

Quote: "Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish." - John Quincy Adams

What does this mean to an MAIA student?

To persevere means you are willing to push yourself when you feel like quitting. Pushing yourself to practice when no one else is watching. Doing the additional work to achieve your goals. This tenet can be applied to any goal a student would like to reach both inside and outside the dojang.

4. Self-Control (Guk Gi)

Definition: The ability to control oneself, in particular one's emotions and desires, especially in difficult situations.

Quote: "The best fighter is never angry." - Lao Tzu

What does this mean to an MAIA student?

Controlling our emotions is a skill – one that can be honed with practice and determination. Self-control is extremely important whether sparring in class or in your personal life. A loss of self-control in class can cause great harm to a fellow student during kicking drills or sparring. Senior students should learn to control their ego and not feel the need to dominate less experienced students.

5. Indomitable Spirit (Baekjool Boolgool)

Definition: a spirit that cannot be subdued or overcome, as person's will or courage; unconquerable: an indomitable warrior.



Quote: “It is inevitable that some defeat will enter even the most victorious life. The human spirit is never finished when it is defeated... it is finished when it surrenders.” - Ben Stein

What does this mean to an MAIA student?

Every martial arts student must develop their indomitable spirit in order to hone their physical, spiritual and moral being. This spirit helps you to persevere through seemingly insurmountable challenges. It is the driver that pushes you through mental and physical exhaustion. It tells you to try again if you fail, to pick yourself up when you are down, to keep practicing to get better. It pushes you to face your fears, and it can never be crushed. The indomitable spirit pushes you to be the **BEST** you can be.