

TENANT OF TAE KWON DO

The tenants of Tae Kwon Do are a student's aim or goals. The tenants should be memorized along with their meaning.

1. Courtesy (Ye Lu)- To be polite to one another and show respect
2. Integrity (Yom Chi)- Honesty- knowing right from wrong and doing right
3. Perseverance (In Nae)- Never give up
4. Self-control (Guk Gi)- To control your emotions, physical abilities and actions
5. Indomitable spirit (Baekjul Boolgool)- Unable to be tamed or conquered

TAE KWON DO OATH

1. I shall observe the tenants of Tae Kwon Do
2. I shall respect my instructors and seniors
3. I shall never misuse Tae Kwon Do
4. I shall be a champion of freedom and justice
5. I shall help to build a more peaceful world

BLACK DRAGON 5 POINT CODE OF CONDUCT

1. Be loyal to your country
2. Be obedient to your parents
3. Stay true to your friends
4. Never give up on your dreams
5. Always do the right thing

THEORY OF POWER (learn words in bold)

1. **Reaction Force**- Newton's Law, every force has an equal and opposite force
2. **Concentration**- Applying the impact force to the smallest target area, will concentrate the force and increase it's effect
3. **Equilibrium**- balance- Balance is of utmost importance, by keeping the body well balanced a blow is more effective and deadly- an unbalanced one is easily toppled. The stance should always be stable yet flexible
4. **Breath Control**- Controlled breathing not only affects one's stamina but can also condition a body to receive a blow and augment the power of a blow directed against an opponent
5. **Mass**- Maximum energy or force is obtained from maximum body weight and speed and it is all important that the body weight be increased during the execution of a blow
6. **Speed**- Speed is the most essential factor of force. Reaction force, breath control, equilibrium, concentration and relaxation of muscles are the factors that contribute to speed