



SONGAHM SPIRIT/OATHS

TINY TIGER OATH

As Taekwondo Class/Event Begins & Ends:

"I promise...
to be a good person
With knowledge in the mind, (*pointing to head*)
Honesty in the heart, (*hand over heart*)
Strength in the body, (*making a muscle with each arm*)
And to make good friends...YEAH!!!" (*hands in*)

KARATE FOR KIDS OATH

As Taekwondo Class/Event Begins & Ends:

"Sir / Ma'am...
Each day I will live
by honoring my parents and my instructors,
by practicing each day to the best of my abilities,
and by showing courtesy and respect, for everyone I meet.
...Sir / Ma'am"

SONGAHM SPIRIT OF TAEKWONDO

As Taekwondo Class/Event Begins:

"Sir / Ma'am
I will practice in the Spirit of Taekwondo,
with Courtesy for fellow students,
Loyalty for my instructor,
and Respect for my juniors and seniors,
...Sir / Ma'am!"

As Taekwondo Class/Event Ends:

"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!"