

# Taekwondo Aims to Achieve:

1. INTEGRITY - I am honest in word and deed.
2. MODESTY - I remain humble and respectful.
3. PERSEVERANCE - I am patient and keep trying.
4. SELF-CONTROL - I am in control of my mind and my body.
5. INDOMITABLE SPIRIT - I have a positive spirit that remains focused and cannot be defeated.