

CPL Martial Arts Academy

General Tae Kwon Do Information

The Meaning of Tae Kwon Do

- Tai** - To smash or destroy with the foot or knee
- Kwon** - To smash or destroy with the hand, fist, or elbow
- Do** - Art of the way of life
- Uniform** - The reason for the white uniform is to present yourself as a clean piece of paper upon which Master writes his/her knowledge.

Ten Commandments Of Tae Kwon Do

1. Be loyal to your country
2. Be good Son/Daughter to your parents
3. Be faithful to your spouse
4. Be on good terms with your brothers and sisters
5. Always help and stand by your friends
6. Respect the elders
7. Respect and trust your teachers
8. Use good judgment before killing any living things
9. Never retreat in battle
10. Always finish what you start

The Tenets of Tae Kwon Do

1. Courtesy
2. Integrity
3. Perseverance
4. Self-control
5. Indomitable spirit
6. Victory
7. Loyalty
8. Patience
9. Confidence
10. Respect