



CREATING TOMORROW'S LEADERS...

...ONE BLACK BELT AT A TIME!

Songahm Spirit of Taekwondo

As an ATA Taekwondo Event Begins:

"Sir:

*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!"*

As an ATA Taekwondo Event Ends:

"Sir:

*I shall live with **PERSEVERANCE** in the Spirit of Taekwondo
Having **HONOR** with others,
INTEGRITY within myself,
And **SELF-CONTROL** of my actions,
... Sir!"*



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Life Skills:

The ATA life skills curriculum teaches our students beyond just kicking and punching. One life skill is focused on for an entire month before a new exciting life skill is introduced. These are invaluable life lessons to develop one's self into the best person one can be. Inside our martial art classes student's will not only learn the meaning of such powerful words, but also how to demonstrate and recognize these positive life attributes.

Goals	"Things you work towards"
Courtesy	"Having regard for others"
Loyalty	"To be faithful to your family, friends, and beliefs"
Respect	"To be considerate of people, places, and things"
Attitude	"The way you feel about something"
Perseverance	"Never give up"
Honor	"Earning another's respect"
Self-Control	"Controlling your actions"
Integrity	"Doing the right thing even when no one is looking"

