



# **Broadway Family Karate**

*Personal Development Through the Martial Arts*

## **Our Guiding Principles**

Our overall objective for our school community is a simple one: personal development through the martial arts.

We seek to recognize, understand and develop our personal strengths of heart, mind and will through the study and practice of the martial arts.

We're guided in this endeavor by the traditions of our martial art, Taekwondo – one of the Korean forms of karate.

These traditions have been handed down in two special forms that we continue to practice in our lessons today:

- The 6 Tenets of Taekwondo: Courtesy, Humility, Perseverance, Self-Control, and Indomitable Spirit.
- The precepts of the Student Oath.

# **The Tenets of Taekwondo: Our Warrior Personal Strengths**

A “tenet” is a fundamental principle – a basic truth. These are the warrior personal strengths we seek to recognize, understand, and develop in our lessons together.

You’ll find the tenets listed below, along with a short explanation of each of them. At the end, you’ll also find the text of our student oath.

## **Courtesy:**

This is the personal strength we apply when we are polite and use good manners. *Courtesy* is treating people with respect and consideration in our dealings with them. By our words and our actions, we let them know we value them, and that they matter to us. Just as importantly, we treat ourselves politely and respectfully as well.

Other words for this personal strength are: *civility, respectfulness, decency, grace, tact, and dignity.*

Opposites for this personal strength are: *rude, vulgar, disrespectful, insolent, disdainful, surly and graceless.*

## **Humility:**

This is the personal strength we apply when we carefully and honestly assess our own abilities and achievements. *Humility* is keeping these in accurate perspective – we don't overestimate *or* underestimate ourselves. We're able to acknowledge our mistakes and limitations – but also our achievements and our strengths. We also recognize and appreciate the value of other people, and the many different ways they contribute to our lives and our accomplishments.

Other words for this personal strength are: *down-to-earth, modest, unpretentious, humble, and level-headed.*

Opposites for this personal strength are: *arrogant, conceited, haughty, imperious, self-important, pompous, and snobbish.*

## **Integrity:**

This is the personal strength we apply when we're sincere and honest. *Integrity* is telling the truth, keeping our promises, and making our best efforts to do what is right. We're responsible, reliable and trustworthy – we deal in good faith both with other people, and with ourselves.

Other words for this personal strength are: *upright, honorable, principled, frank, straightforward, and trustworthy.*

Opposites for this personal strength are: *deceitful, dishonest, underhanded, crooked, unscrupulous* and *double-dealing*.

### **Perseverance:**

This is the personal strength we apply when we work through challenges. *Perseverance* is our steady determination and effort to accomplish the goals we have set for ourselves. We keep striving to move forward even when we face difficulties, opposition, or setbacks.

Other words for this personal strength are: *determination, tenacity, dedication, diligence, endurance, and commitment*.

Opposites of this personal strength are: *idleness, indolence, laziness, wavering, and vacillating*.

### **Self-Control:**

This is the personal strength we apply when we take command of our own behavior. *Self-Control* is taking responsibility for what we do, the things we say, what we think and even how we feel. We're determined to take charge of all of these, shaping them toward positive, worthwhile ends.

Other words for this personal strength are: *self-command, self-mastery, self-possession, self-government, self-discipline, and willpower.*

Opposites for this personal strength are: *wild, willful, out-of-control, undisciplined, self-indulgent.*

### **Indomitable Spirit:**

This is the personal strength we apply to be bold in our aspirations, and resolute and determined in achieving them. *Indomitable Spirit* is the courage and confidence to set valuable, worthwhile long-term goals for ourselves. We hold to our chosen course, meeting challenges, obstacles and setbacks with the “Can do!” spirit and steadfast determination to overcome them.

Other words for this personal strength are: *stouthearted, purposeful, backbone, guts, grit, and resilience.*

Opposites for this personal strength are: *powerless, spiritless, spineless, gutless, fainthearted, aimless and apathetic.*

### **Our Student Oath:**

I pledge to be a champion of freedom and justice.

I pledge to observe the Tenets of Taekwondo.

I pledge to respect my instructors and my fellow students.

I pledge never to misuse Taekwondo.

I pledge to build a more peaceful world.