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### Living By the Tenets of Tae Kwon Do

Tae Kwon Do is the art of hand and foot fighting. In Tae Kwon Do, we get to speak in Korean when we are doing the warm ups before class. Every day before training starts, we always stretch to get the muscles warmed up. Everyone who takes this mixed martial art lives by certain tenets. These beliefs help in the training hall and life's big or small problems. Some of these convictions are courtesy, perseverance, and self-control.

Students of Tae Kwon Do can learn how to show courtesy at the training facility and in life. In Tae Kwon Do, courtesy is shown by bowing to the higher ranking belts when talking to them. We show courtesy to the person who is breaking because it shows that we want that person to show it back to us. Another example is when we do forms. We want to help out the students to look and do their best on the forms. Another example is when someone does something wrong. We always apologize and try to do it better. When in sparring we hurt below the belt or in the chest and we hurt the other person we always bow away from the opponent we hurt to say that we are sorry for hurting him.

The next doctrine that practitioners of tae kwon do need to learn about is perseverance. This belief is a very hard one to learn and to show. Perseverance means to never give up on something or someone. When we break boards we can use the

arm or the foot technique. The boards we break are made of pine and oak. The student who is about to break usually has two holders. Those people who take longer to break are showing perseverance. They keep going until they succeed. Another way a student can show perseverance in class is doing his/her form over and over again. These forms are not easy to learn overnight. These forms have a lot of movements to do. The student also has to know what the meaning of the form is. They take a lot of practice and asking questions to see if they are doing it correctly. Another good way to show perseverance is when we get to practice sparring with different people. Sparring teaches perseverance by not hurting another fighter in the training hall. It shows that fighter's ability to stop his punch or kick before it makes contact. This will teach anyone how to become a better fighter.

The last tenet is self-control. Self-control is learning to control the anger but also to control the mind, breathing, punches, and the kicks when someone is sparring or doing their forms. Self-control is a good doctrine to understand and learn because if people know self-control their lives will be changed. Self-control clears the mind and teaches it to focus. When a student has a clear and focused mind he will do great on the forms and the breaks. Another example is breathing. Breathing is a big part in self-control because students of this art have to learn how to control their breathing patterns during the workouts and the forms. The next example of self-control is about the punches and the kicks. That student should know how long their arms and legs are because an accident could happen to anyone and did not mean to do it. The next examples of self-control are punches and kicks. A student does not want to really hurt

the person in front of that fighter or it could leave cuts or bruises. This is why self-control is great to learn and to show.

These convictions will help any person grow in their mixed martial arts career. Courtesy, perseverance, and self-control are some great beliefs that we as students and instructors have been taught or are teaching to others. With these doctrines that we live by, tae kwon do can help in the long run.