

## Songahm Oath

**As Taekwondo event begins:**

**Sir/Ma'am:**

**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/Ma'am!**

**As Taekwondo event ends:**

**Sir/Ma'am:**

**I shall live with perseverance in the spirit  
of Taekwondo,  
Having honor with others,  
Integrity within myself,  
And self control in my actions,**

**...Sir/Ma'am!**