

**EXPERIENCE
IS THE BEST
TEACHER**

**DO, OR
DO NOT,
THERE IS
NO TRY**

YODA

IN THE
TECHNIQUE
THE
DOCTRINE
IS
REVEALED

WALTER TODD

**FEAR IS THE
MIND
KILLER**

FRANK HERBERT

**THERE IS NO
ENEMY,
ONLY SELF**

**THERE IS NO
BATTLE,
ONLY SELF
DOUBT**

SAMURAI PROVERB

**CONSIDER
FULLY, ACT
WITH
DECISION**

JIGORU KANO

LET YOUR
ACTIONS
SPEAK FOR
YOU

FU GEN JIKKO
TADASHI NAKAMURA

**BY OUR
ACTIONS
WE ARE
JUDGED**

SPECTEMUR AGENDO
LATIN PROVERB

**KNOW YOUR FOE AND
KNOW YOURSELF: IN A
HUNDRED BATTLES, YOU
WILL NEVER KNOW DEFEAT.**

**KNOW YOURSELF AND
KNOW NOT YOUR ENEMY:
THE OUTCOME WILL BE PURE
CHANCE**

**KNOW NEITHER YOURSELF
NOR YOUR ENEMY: IN A
HUNDRED BATTLES YOU
WILL NEVER KNOW VICTORY**

PREPARATION

PREVENTS

POOR

PERFORMANCE

SUCCESS OCCURS

WHEN

PREPARATION

MEETS

OPPORTUNITY

**THE MIND
CONCEIVES**

**THE HEART
BELIEVES**

**THE BODY
ACHIEVES**

GARY NORTON

**NEVER FORGET
THAT THE MOST
IMPORTANT
PERSON IN THE
DOJO IS THE
BEGINNER**

DOJO

“A DOJO [PRACTICE HALL] IS A
MINIATURE COSMOS WHERE WE
MAKE CONTACT WITH
OURSELVES,
OUR FEARS, ANXIETIES,
REACTIONS, AND HABITS.

IT IS AN ARENA OF CONFINED
CONFLICT WHERE WE
CONFRONT AN OPPONENT
WHO IS NOT AN OPPONENT
BUT RATHER A PARTNER
ENGAGED IN HELPING US
UNDERSTAND OURSELVES MORE
FULLY...”

THREE RULES OF SELF- CONTROL

1 - FOCUS THE EYES

2 - FOCUS THE MIND

3 - FOCUS THE
BODY

IN THE BATTLE OF LIFE, IT IS NOT THE CRITIC WHO COUNTS, NOT THE MAN WHO POINTS OUT HOW THE STRONG MAN STUMBLED, OR WHERE THE DOER OF THE DEED COULD HAVE DONE BETTER. THE CREDIT BELONGS TO THE MAN WHO IS ACTUALLY IN THE ARENA; WHOSE FACE IS MARRED BY DUST AND SWEAT AND BLOOD; WHO STRIVES VALIANTLY, WHO ERRS AND COMES SHORT AGAIN AND AGAIN BECAUSE THERE IS NO EFFORT WITHOUT ERROR AND SHORTCOMINGS; WHO DOES ACTUALLY STRIVE TO DO THE DEEDS; WHO KNOWS THE GREAT ENTHUSIASM, THE GREAT DEVOTIONS, SPENDS HIMSELF IN A WORTHY CAUSE; WHO AT BEST KNOWS IN THE END THE TRIUMPH OF HIGH ACHIEVEMENT; AND WHO AT WORST, IF HE FAILS, AT LEAST FAILS WHILE DARING GREATLY, SO THAT HIS PLACE SHALL NEVER BE WITH THOSE TIMID SOULS WHO HAVE TASTED NEITHER VICTORY NOR DEFEAT

THEODORE ROOSEVELT

TENETS OF TAE KWON DO

COURTESY
INTEGRITY
PERSEVERANCE
SELF CONTROL
INDOMITABLE SPIRIT

GENERAL CHOI HONG HI