



## Songahm Spirit of Taekwondo

### **As ATA 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 ATA 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 is my actions, Sir / Ma'am.

## Korean Pronunciation

*eo* = u in "suffer"

*eh* = ea in "death"

*o* = o in "go"

*oo* = oo in "zoo"

*ee / i* = ee in "see"

*ah* = a in "father"

*eu* = oo in "good"

*r* = rolled r as in Spanish

## Korean Commands

**chah-reot** - attention

**kyeong-neh** - bow

**jeun-bee** - ready position

**shee-jahk** - begin

**keu-mahn** - stop

**bah-ro** - return to ready position

**shi-eo** - at ease

**ki-hap** - yell

## Korean Counting

**hah-nah** - one

**dool** - two

**set** - three

**net** - four

**dah-seot** - five

**yeo-seot** - six

**il-geup** - seven

**yeo-dol** - eight

**ah-hop** - nine

**yeol** - ten

**yeol hah-nah** - eleven

**soo-mool** - twenty

**seo-reun** - thirty

**mah-heun** - forty

**shwee-heun** - fifty