



October 2026 Newsletter

The 5 Tenets of TaeKwonDo

Some schools will spend more time than others on the 5 Tenets of TaeKwonDo such as repeating it as part of a student oath at the start of class. Although we do not do that I do think the 5 Tenets of TaeKwonDo are something to touch on, regardless of which martial art a person practices. In this case the term tenet refers to a principle or idea that a person believes in or practices. The 5 Tenets of TaeKwonDo are: courtesy, integrity, perseverance, self control and indomitable spirit.

COURTESY – Ye-ui / 예의

What do we mean by Courtesy? Think of the golden rule of treating others as you would like to be treated. If we want others to be nice and respectful to us we need to treat others in a nice and respectful manner. We can see this in our martial art classes with the bow we share with a partner before and after working with them. Another example is the use of, “yes sir” or “yes ma’am” when responding to any instructions during class. Outside of class little things like holding a door for another person going through it or helping around the house are examples of courtesy.

INTEGRITY – Yom-chi or Jeong-jik / 옴치 or 정직

Some ways to describe Integrity are to say somebody has strong morals, is able to tell the difference between right and wrong, is willing to stand up for what is ethically correct. One example of this is if we say we are going to do something we follow through on it. Another example could be a person makes a mistake they will own up to it and if possible correct the error. A final example would be not doing something, such as lying, to betray another person's trust in you.

PERSEVERANCE – In-nae / 인내

Perseverance is when someone puts in that little extra effort to do something well. It is when we are tired and still try to do our best in class. Perseverance is not letting boredom or other thoughts distract us from the one thing we should be working on at the moment. Perseverance in the martial arts and in life is that drive to continue to work toward a goal despite the setbacks that may come up.

SELF CONTROL – Kuk Chi / 극기

Self Control is when we are able to continue to function without losing patience or letting frustration or anger dictate how we conduct ourselves in a situation. If something happens and we lose our composure and start yelling at other people or things we have lost our Self Control. An example of this is when an instructor is yelling at a group of students they are teaching. Another example would be the sore loser who after a game is in a bad mood or acting out toward others. In the martial arts Self Control can be not reacting in a negative way to our partner's lack of control during sparring or self-defense drills. We need to learn control our reaction to situations rather than just reacting.

INDOMITABLE SPIRIT – Baekjul Boolgool / 백절불굴

A simple way to describe Indomitable Spirit is to not give up. Just because we may fail at something on the first, or second, or third attempt does not mean we should just quit and hang it up. Indomitable Spirit is that drive to get up and try again and achieve what you were attempting to do despite multiple attempts or changing your approach to the challenge.





MARTIAL ARTS FOR HEALTH & WELLNESS, LLC

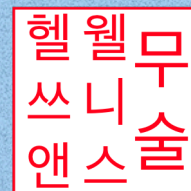
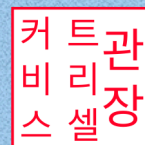


The 5 Tenets of TaeKwonDo are something we should all try to practice in our training but more importantly outside of class in our daily lives. Does this mean we will practice these tenets and apply them to our lives without fail? Probably not, but if we make a concentrated effort to apply these tenets to our lives we will start to do it more consistently and make them part of our person and how we conduct ourselves. If you are struggling to apply these tenets to your life throw in a little Perseverance and Indomitable Spirit.

Take care,

Kirby Strissel

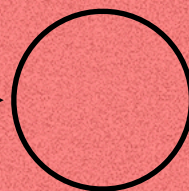
Kwan Jang - Marital Arts For Health & Wellness, LLC
Administrator - Korea/USA Simmudo Association



Circle

Another component of our logo that I would like to touch on is the circle surrounding the bamboo and the and Chinese character for perseverance.

The circle was chosen because a person's journey through the martial arts is not really linear. Sure, there are goals that we will work toward such as a new rank or mastering a new form or technique but the longer one stays on this journey the more one will start to see things coming back around again and again. We may get to the point we we feel like we have a pretty good grasp on something but there are usually ways to improve on it; cut down excess movement, increase speed, increase power,



et cetera. In other words "good enough" is not really good enough. We can still improve our technique and and refine it more and more.

In other parts of our life I hope we are able to apply this idea of continued improvement and not becoming complacent with things being "good enough." We should be proud of any goals or achievement we reach in life but why stop there. Try to use those achievements as stepping off points to improve on what we have done in the past and do even better in the future.

September 2026 Promotion Test Results

9th Gup White
Mariah Golenzer
Timothy Hansen

Nov. 6th Gup Green
Anisha Bathla
Noah Boswell

4th Gup Blue
Thomas Banda
Lucas Fontana

Nov. 2nd Gup Red
Ivan Petersen

Int. 9th Gup White
Joey Halvorson
Beau Hansen
Brantley Mann
Payten Mielke

6th Gup Green
Caleb King
Malcolm Schulz
John Stricker

Int. 3rd Gup Blue
Caleb Banda
Arthur Mielke

1st Gup Red
Dhara Kannan

Adv. 7th Gup Yellow
Arlo Petersen

Int. 5th Gup Green
Ishaan Anavekar

Adv. 3rd Gup Blue
Cyrus Choung

Cho Dan Bo
Jayden Batson
Sylar Choung

3rd Poom Dan
Adrian Russi

Next TaeKwonDo Testing: December 10, 2026

