

- *As a student of Tae Kwon-Do I do solemnly pledge,*
- *To abide by the rules and regulations of the Tae Kwon-Do association,*
- *To strive always to be modest, courteous and respectful,*
- *To all members, in particular my seniors,*
- *To put the art into use only for self defence,*
- *Or in defence of the weak,*
- *And never to abuse my knowledge of the art.*