

The student oath is recited before and after, each ATA class and event.
(Memorization of the appropriate oath is a White Belt requirement for testing)

Tiny Tiger - Student Oath

(Tiny Tigers, ages 3 - 6)

To be a good person
Knowledge in the mind
Honesty in the heart
Strength in the body
And to make good friends

K4K - Student Oath

(Karate for Kids, ages 7 - 12)

Sir or Mam:
"Each day I will live
by honoring my parents and instructors,
practicing to the best of my abilities
and by having courtesy and respect
for everyone I meet
... Sir or Mam!

Adult - Songahm Sprit of Taekwondo

(Adults, age 13 & UP)

As Taekwondo event begins:

Sir or Mam:
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 or Mam!

As Taekwondo event ends:

Sir or Mam:
I shall live with perseverance in the spirit of Taekwondo,
having honor with others, Integrity within myself,
and self-control in my actions
... Sir or Mam!

Do Bak - Uniform Etiquette

ATTENTION

STUDENTS AND PARENTS OF STUDENTS

1. **ALWAYS WEAR A CLEAN UNIFORM**
2. **PATCHES ARE CORRECTLY POSITIONED**
3. **DO NOT WEAR JEWELRY WHEN IN UNIFORM**
4. **BELT SHOULD BE TIED CORRECTLY AND EVEN**
5. **BELT SHOULD NEVER HIT THE FLOOR**
6. **UNIFORM SHOULD NOT BE CUFFED**
7. **HEM SLEEVES WHEN NECESSARY**
8. **HEM TROUSERS WHEN NECESSARY**
9. **NEVER TAKE OFF YOUR UNIFORM IN PUBLIC**
10. **ALWAYS WEAR YOUR UNIFORM WITH PRIDE**

DO JAHNG ATTIRE

- Students may wear T-shirts on designated T-shirt days only
- Only ATA T-shirts are to be worn on approved T-Shirt days
- Proper uniform etiquette is mandatory for all ATA Students
- Females must wear a white T-Shirt under their Uniform
- Males must wear Athletic Sports Cup
- Students must wear official ATA clothing to ATA all events

Uniform requirements must be met to qualify for Testing.
It is your responsibility to assess yourself routinely.

If you have any questions feel free to speak to one of the instructors.