



PilSung

Knowledge Contest Study Sheet

Students need to recite the following for the PilSung Knowledge Contest.
YOU ONLY NEED TO KNOW THE MATERIAL REQUIRED FOR YOUR REGULAR CLASS.

Tigers	Youth I & Adult I	Youth II & Adult II	Advanced	Deputy Apprentice
Counting 1-5 1 Student Pledge	Counting 1-10 Student Pledge	Counting 1-10 Student Pledge	Counting 1-10 Student Pledge	Counting 1-10 Student Pledge
Cadets	Tenets Taekwondo	Tenets Taekwondo	Tenets Taekwondo	Tenets Taekwondo
Counting 1-10 Student Pledge				
		Student's Creed	Student's Creed	Student's Creed
			Seven Factors	Seven Factors
				Taekwondo Code

Student Pledge

- 1 I shall observe the Tenets of Taekwondo.
- 2 I shall respect my Instructor and Seniors.
- 3 I shall never misuse the Taekwondo Arts.
- 4 I shall respect the rights of others.
- 5 I shall build a more peaceful world.

Counting 1-10

- | | | | |
|---|--------|----|---------|
| 1 | Hana | 6 | Ya Sot |
| 2 | Dul | 7 | Il Gope |
| 3 | Set | 8 | Yo Dul |
| 4 | Net | 9 | Ah Hope |
| 5 | Da Sot | 10 | Yul |

Tenets Taekwondo

- | | | |
|---|--------------------|--|
| 1 | Courtesy | I will... be polite.
I will... show respect to all. |
| 2 | Integrity | I will... know what's right.
I will... do what's right. |
| 3 | Perseverance | I will... be patient.
I will... not give up. |
| 4 | Self-Control | I will... be calm.
I will... not hurt anyone. |
| 5 | Indomitable Spirit | I will... have courage.
I will... always move forward. |

Student's Creed

- 1 To build confidence through Knowledge in the Mind, Honesty in the heart and Strength in the body.
- 2 To keep friendships with one another and to build a strong and happy community.
- 3 To never fight for selfish ends, but to develop "might for right".

Seven Factors

- 1 Speed
- 2 Power
- 3 Timing
- 4 Distance
- 5 Right Striking Surface
- 6 Right Striking Area
- 7 Right Striking Technique

Taekwondo Code

- 1 Loyalty to your country.
- 2 Respect your parents.
- 3 Faithfulness to your spouse.
- 4 Respect your brothers and sisters.
- 5 Loyalty to your friends.
- 6 Respect your elders.
- 7 Respect your teachers.
- 8 Never take life unjustly.
- 9 Indomitable Spirit.
- 10 Loyalty to your school.
- 11 Finish what you begin.