

Ten Articles of Faith

1. Be loyal to your country
2. Be obedient to your parents
3. Be loving between husband and wife
4. Be cooperative between brothers
5. Be faithful between friends
6. Be respectful to your elders
7. Be faithful between teacher and students
8. Know the difference between good and evil
9. Never retreat in battle
10. Always finish what you start

Eight Key Concepts

- | | |
|-----------------------|--------------------------------------|
| 1. Courage | Yong Gi |
| 2. In Neh | Patience or Endurance |
| 3. Chung Jik | Honesty |
| 4. Kyum Son | Humility |
| 5. Chung Shin Tang Il | Concentration (mind and body as one) |
| 6. Him Cho Chung | Control of Power |
| 7. Wan Gup | Control of Speed |
| 8. Shin Chook | Tension and Relaxation |