



당수도

BKMAS Principles

5 Codes of Tang Soo Do

Loyalty to country
Obedience to parents
Honour friendship
No retreat in battle
In fighting, choose with sense and honour

6 BKMAS Keywords

Respect
Obedience
Attention
Concentration
Effort
Practice

7 Tenets of Tang Soo Do

Integrity
Concentration
Perseverance
Respect & Obedience
Self-Control
Humility
Indomitable Spirit

14 Attitude Requirements

Purpose of training should be enhancement of mental and physical betterment.
Serious approach.
All out effort.
Maintain regular and constant practice.
Practice basic techniques all the time.
Regularly spaced practice sessions.
Always listen to and follow the direction of instructor or seniors.
Do not be overly ambitious.
Frequently inspect your own achievements.
Always follow a routine training schedule.
Repeatedly practice all techniques already learned.
When you learn new techniques, learn thoroughly the theory and philosophy as well.
When you begin to feel idle, try to overcome this.
Cleanliness is required after training. Keep yourself and your surroundings clean