

I Intend

I intend to develop myself in a positive manner. I will avoid anything that will reduce my mental growth and physical health.

I will strive for excellence and develop self-discipline in order to bring out the best in me, and others.

I will develop self-control: when angry I must keep in mind that I am still responsible for my actions. I must think and act rationally not based on my emotions.

I intend to use what I learned in class constructively and defensively, never to be abusive or offensive.

I will try my hardest to follow all rules and regulations. Nothing can stop me as long as I believe in myself, respect myself and others. These responsibilities are mine, in life as well as in Tae Kwon Do!