

# **The Fist and Foot Five Tenet Chant is done "call and response" style.**

**"Sir,**

***COURTESY,***

***Be polite!***

***INTEGRITY,***

***Do what's right!***

***PERSEVERANCE,***

***Never give up!***

***SELF CONTROL,***

***I control me!***

***INDOMITABLE SPIRIT,***

***Unbreakable Spirit!" (... and then everyone, at the same  
time...)***

**"Tae Kwon Do!**

**Sir"**