

BEGINNING OF CLASS

I: Do Jang Hun (School Creed)	S: Do Jang Hun
I: One	S: Honor
I: Two	S: Unity
I: Three	S: Service
I: Jung Sin Il Do (Mind, body and spirit with one direction)	S: Ha Sa Bul Sung (Under any circumstance nothing is impossible for you to accomplish)
I: Kihap* (A loud yell)	S: Kihap, kihap, kihap (One for the Master, one for the School and one for yourself)

END OF CLASS

I: Do Jang Hun (School Creed)	S: Do Jang Hun
I: Hana (One)	S: Hana
I: Myong Yea (Honor)	S: Myong Yea
I: Dul (Two)	S: Dul
I: Dan Gyul (Unity)	S: Dan Gyul
I: Set (Three)	S: Set
I: Bong Sa (Service)	S: Bong Sa
I: Three Times	S: Consider
I: Three Times	S: Patience
I: Three Times	S: Forgive
I: Kihap	
I: Kihap* (A loud yell)	S: Kihap, kihap, kihap (One for the Master, one for the School and one for yourself)

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