

Beginning of Class

INSTRUCTOR/SENIOR BELT	STUDENTS
Do Jang Hun (<i>School Creed</i>)	Do Jang Hun
One	Honor
Two	Unity
Three	Service
Jung Sin Ill Do (<i>Mind, body and spirit, with one direction</i>)	Ha Sa Bul Sung (<i>You can accomplish anything</i>)
Kiyap (<i>A loud yell</i>)	Kihap, Kihap, Kihap (<i>One for the Master, one for the School and one for the Student</i>)

End of Class

INSTRUCTOR/SENIOR BELT	STUDENTS
Do Jang Hun (<i>School Creed</i>)	Do Jang Hun
Hana (<i>One</i>)	Hana
Myong Yea (<i>Honor</i>)	Myong Yea
Dul (<i>Two</i>)	Dul
Dan Gyul (<i>Unity</i>)	Dan Gyul
Set (<i>Three</i>)	Set
Bong Sa (<i>Service</i>)	Bong Sa
Three times	Consider
Three times	Patience
Three times	Forgive
Kiyap (<i>A loud yell</i>)	Kihap, Kihap, Kihap (<i>One for the Master, one for the School and one for the Student</i>)