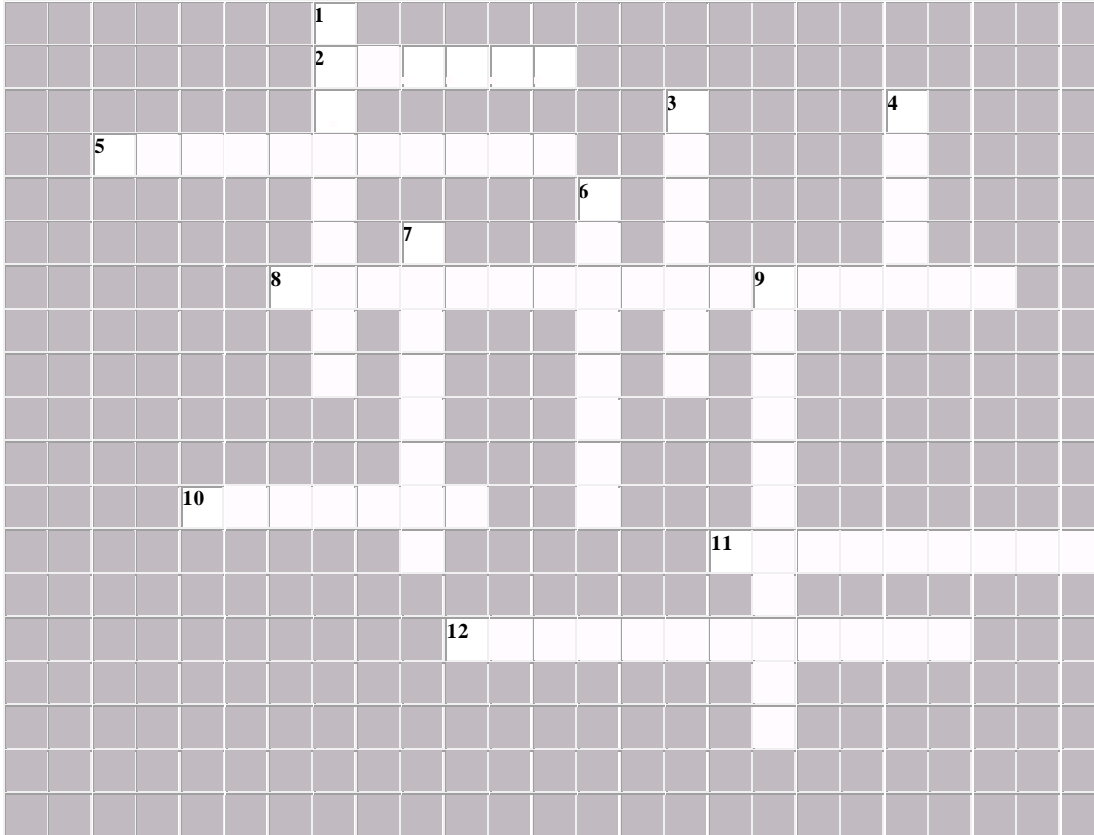


Name _____

Date _____

Tenets & Systems of Tong Il Lo



Down

1. Specializes in using an array of dynamic kicking abilities and emphasizes explosive power in its' techniques.
3. Being faithful and steadfast in your allegiance to something or someone.
4. Being true to yourself, and what you believe in.
6. Teaches techniques to increase endurance & stamina by conditioning the body.
7. Showing traits of chivalry, consideration, and generosity to others inside & outside of classes.
9. Demonstrating mind & body discipline to exercise a restraint not only in one's actions, but also one's thoughts & emotions in which traits of modesty & humility grow.

HONOR
LOYALTY
SELF CONTROL
COURTESY
INDOMITABLE SPIRIT
INTEGRITY
PERSEVERANCE

TAE KWON DO
AIKIDO
JUJITSU
KENPO KARATE
MUAY THAI

Across

2. Neutralizes an aggressor by redirecting the attacker's energy-in-motion through the use of throws & proper footwork.
5. Details a wide range of hand techniques by the use of fluid close-quarter combat movements.
8. If confronted with an injustice, the serious student will deal with an opponent or obstacle without any fear or hesitation at all, regardless of whosoever, whatsoever, and however many the number.
10. Manipulates an adversary's attack by mastering a wide range of joint locks & ground fighting techniques.
11. Able to define right from wrong and have the conscience, if wrong, to admit guilt. Doing what is right, even if no one sees you do it.
12. Strive to set small and large goals in one's life, then strive for the patience in reaching the goals & the determination in resisting any obstacles which get in the way of meeting the goals set.