



## Our Time-Honored Code

The roots of our Ten Articles Of Faith In Mental Training can be traced to the Hwarang (Flower of Youth Corps), an ancient order of Korean knights. The nobility of Korea's Shilla kingdom (57 BCE- 936 CE) sent sons to mountain monasteries to train in subak, an ancient style of combat (Young, 1993), and to be initiated into the Hwarang order. Sometime during the Sixth Century B.C.E. the Hwarang began worshipping Mireuk Buddha ("Buddha of the Future"), which infused the practice of subak with moral guidelines and mental discipline. This infusion marked the birth of Korean martial arts (Young, 1993).

With the influences of Confucian and Buddhist thought, the Hwarang experienced a Renaissance-like expansion of their curriculums to include history, philosophy, ritual song and dance, and ethics (Park, Park and Gerrard, 1989; Young, 1993). The Buddhist priest Won-gwang wrote Sesok Ogye (The Five Tenets) around 602 C.E., which served as the "Way of the Hwarang," a code of appropriate behavior:

Serve one's king with loyalty;

Serve one's parents with filial piety;

Practice fidelity in friendship;

Never retreat in battle and

Refrain from wanton killing (as cited in Young, 1993; Woo-keun, 1970; Korean Overseas Information Service, 1986)

The Sesok Ogye and traditions of the Hwarang evolved into the Ten Articles of Faith in Mental Training adopted by the World Tae Kwon Do Federation.

### References

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