

TEN ARTICLES OF FAITH ON MENTAL TRAINING

1. **Be loyal to one's country:** sacrifice to fulfill your duty to your country and your people. This is based on the spirit of the Hwa Rang.
2. **Be obedient to one's parents and elders:** Children should be dutiful to their parents and parents should be charitable to their children.
3. **Be loving to one's husband or wife:** From the mothers body develops man's happiness, as harmony and affection from love between sexes.
4. **Be cooperative with your brothers:** Hold together with cooperation and concord.
5. **Be respectful to elders:** Protect the rights of the weak with courtesy and modesty.
6. **Be faithful to your teacher:** Learn the truth through practice of duty, loyalty, and affection.
7. **Be faithful to friends:** Honor friendship and be peaceful and happy with harmony and faith towards all mankind.
8. **Face combat only in justice and with honor:** Be able to distinguish between good and bad with fairness and rightfulness.
9. **Never retreat in battle:** Sacrifice for justice with capability and bravery.
10. **Always finish what you start:** Move to action with sureness and with hope.