



Rules Of The Dojang



General Rules

1. On entering and leaving the Dojang please bow as a sign of respect to those instructing you and those other students present.
2. Bow to instructors at a proper distance and address them as Sir, Miss or Madam.
3. Students must obey the instructor's command at all times.
4. Students must not leave the Dojang without permission.
5. If you wish to ask a question, raise your right hand and await acknowledgement by the instructor.
6. When adjusting your Dobok in class, please turn to face the back of the room.
7. If you are late attending a class wait at the back of the Dojang until acknowledged by the instructor.
8. Never lose your temper in training.
9. No whistling, swearing or idle chatter is permitted in the Dojang.
10. Keep your body and uniform clean at all times.
11. Finger and toenails must be kept short and clean.
12. Students will not wear watches, rings, chains, earrings, nose studs or any other kind of jewellery or body decoration that may cause harm or injury to themselves or others.
13. Eating, drinking or chewing gum is prohibited.

Line-Up

1. Line up in grade order with the most senior grade in the top right hand corner.
2. If you aren't wearing your Dobok or belt then line up as you would as a white belt.
3. While in lines, stay in line with the senior grade on your right.

Personal Safety

1. Students will not train while under the influence of drugs or alcohol.
2. All injuries must be immediately reported to the instructor and recorded in the club book. If a student suffers an injury prior to training then this must be reported to the instructor and also recorded in the club book.
3. Strangle and sleeper holds must never be practised except under the supervision of an instructor.
4. Students will always exercise care when training

Misuse of Skills

1. Students will not misuse their knowledge or skills.
2. Students will not demonstrate techniques outside the Dojang to people not authorised to receive them.
3. If required to defend ones self then the student will only use such force as is necessary.

* These traditional rules are a fundamental part of the etiquette of Taekwon-Do training. Treating yourself and others with respect will afford you the same courtesy from them. They are designed to instil discipline and to make your martial art training more effective and safe.