



What to Say in Class / Dojang



Bowing in, bowing out

What do I say?

It can be daunting to turn up to class and everyone knows what to say and what to do, except YOU! Or you may find yourself at the head of the class for the first time. What do you say? Help is at hand.

The beginning of the class

1. As you enter the Dojang, Bow.
2. Line up with the highest grade at the front right of the class and then grade order down
3. The senior class member will command:

" Charyot" (attention)
"[instructor Surname] Sabum nim gye"
"Kyonge" (bow)

4. As you bow you say "Taekwon". There is only one exception when "Taekwon" is not said when bowing. This is when bowing to the Founder (Chang Ji sha). Bowing is silent to show respect to the founder of Taekwon-do, General Choi Hong Hi (1918- 2002).

The End of the class

1. As above, the senior grade will instruct everyone to come to attention and bow to the instructor.
2. You may also be asked to face the back of the hall and tidy your dobok before bowing.
3. In addition, the second most senior member will instruct everyone to turn and face the most senior member and will instruct using the same commands (unless the second senior is not an instructor - see below) everyone to bow.
4. The instructor will shout out "**Haesan**" (dismissed)
5. The class members will shout back with enthusiasm - "**Haesan**"

Master/Instructor/Assistant Instructor

Grade and qualifications of the person that is being bowed to change what is said:

Grand Master (9th Degree Black Belt): **Sa Seong Nim**

Master (7th-8th Degree Black Belt): **Sahyun Nim**

Instructor (4th-6th Degree Black Belt): **Sabum Nim**

Assistant Instructor (1st -3rd Degree Black Belt): **Boo sabum Nim**

Addressing a senior

Respect for age and grade and fellow students is very important in Taekwon-do. When greeting a fellow student of senior in rank or age the title "**Sir**", or "**Miss**", or "**M'arm**" is used (depending on gender).

Bow and shake hands with your fellow student or senior: Shake with the right hand whilst placing the left hand flat under the right forearm.

When walking away from a senior, never turn immediately: Bow and take 3 steps back before turning. This behaviour helps create a respectful training environment.

Taekwon!