



Respect in the Dojang – Etiquette and Rules

As a student of the Martial Arts, it is important to always show respect for your school, Master instructors, senior belts and fellow students. To assist in helping you understand the etiquette of the Dojang, please accept this guide sheet and follow accordingly.

1. Students

Uniform

- Dobok(uniform) should be clean and free from significant wrinkles
- No jewelry should be worn on any kind. This is to prevent damage to the jewelry and potential injury to yourself and fellow students
- Belt should be tied according to standards. If you need assistance, please see one of the student leaders

When greeting Master instructors

- Always bow to the Master instructors. This says thank you for teaching me today.
- When you shake hands, Always shake with two hands
- When accepting anything from anyone in the Dojang, always accept the item with two hands
- When giving anything to anyone in the Dojang, always give the item with two hands.

Upon entering and leaving the Dojang

- Students should always face the flags and bow when entering the Dojang to pay respect to the school and Tae Kwon Do
- Students should always face the flags and bow when leaving the Dojang to pay respect to the school and Tae Kwon Do.

Upon entering and leaving the training floor

- Students should bow as soon as they step on the Dojang floor to pay respect to the training they are about to participate in. (From Tile onto the mats)
- Students should bow as soon as they step off the Dojang floor to pay respect to the teaching they just received. (From Mats onto the tile)

While waiting for you class to begin

- Students should gather in Court B and begin stretching on their own to prepare for class
- Students should talk in a quiet voice at this time and refrain from making loud noises. This can disturb classes in session and is disrespectful to the Instructors and the students training.

Participation in class

- If you are late to a specific class, please come in quietly, bow when coming on the floor and wait for the instructor to acknowledge you and offer you a place in class.
- Always speak/answer in a loud and confident voice when asked questions or given instructions by Master Instructors. Always answer with Yes Sir or Yes Ma'am. This pays respect to the instructor that is offering to teach you.
- When given instructions, always move quickly to your designated position. Do not walk slowly.
- If you have to cough, yawn, sneeze, etc, always turn and face the back of the class. Cover your mouth/nose etc. When finished, face the front of the class, bow and resume training
- If you must adjust your Dobok during class, always turn and face the back of the class, kneel on your right knee, adjust your Dobok/belt. When finished, stand up, face the front of the class, bow and resume training.
- Always be focused during your training class, but have fun. Students should refrain from talking about things that happen outside of the Dojang during class, but focus on the training at hand. Outside activities should be discussed before or after class.
- When waiting for instruction, students should not be adjusting their Dobok, playing with their belts or moving about. Students should be still, listening to instruction, with either their hands at their sides, or folded behind their back

2. Parents

While the rules listed prior, for students, are intended to help your children grow as a martial artist, there are specific rules that we kindly ask you follow as well.

- Please do all that you can to have your children to class on time. We understand that there are times that this is difficult and we know you will do your best. We do not want them to miss any instruction time, no matter how small.
- If you must make or receive a phone call during class time, we ask that you kindly exit the Dojang and complete the call. When finished, please rejoin us in the Dojang to watch your children participate.
- Please ensure that all conversations are quietly held, so as not to disrupt your child's and other children's instruction time.

Gamsa Hamnida!