



Etiquette of a Taekwondo Student

The most valuable asset in Taekwondo are the rules of etiquette which gauge a practitioner's behavior and attitude. Taekwondo organizations around the world practice a high level of order and discipline so that the standards will be maintained. The standards are practiced to develop a higher level of courtesy and respect. Taekwondo develops humility in behavior, pride in oneself, togetherness and organization. The formalities within the Taekwondo system breed kindness, unselfishness and tolerance. **The rules are as follows:**

1. Salute the National flags (by placing the right hand over the heart) when entering and leaving the Dojang.
2. After saluting the flag, students greet their instructors. Bow first to the Master, then Instructor . When the Master and/or Instructors enter the Dojang, students should stand and bow.
3. If the Master Instructor enters the Dojang while you are training, stop actions and bow to the Master Instructor; those seated should stand and bow as well.
4. Students shall bow before speaking to the Master or Instructor and shall address him or her as "Sir" or "Ma'am".
5. Assume the position of attention while speaking to your Master, Instructor or any other Black Belt. Use words of consideration while speaking, such as " Yes Sir, No Sir, pardon me!". Students should always use words implying respect when speaking to seniors.
6. Students who are waiting for the next class to begin should sit quietly, without talking, until their class begins.
7. The Dobok (uniform) should be neat, clean and in serviceable condition. It is compulsory for all students to wear the approved uniform when training. Track suits, shorts etc. cannot be worn. The student uniform should not be worn in public except when absolutely necessary.
8. If the Dobok becomes out of place during training, turn away from the other students and instructors,adjust the dobok and resume training.
9. During the training session, the student's behavior should be controlled and should show a high level of courtesy. It is important that the student use discretion when speaking during the training session. Loud conversation, laughing and giggling are not allowed.
10. Do not enter class late, nor leave early, without the permission of the Master or Instructor.
11. Students should not be absent without notice. Written notice of absence should be given, but in the case of emergency, communicate verbally or phone as a matter of courtesy to the Master.
12. Students who have to leave the Dojang earlier than usual should inform the Master or Instructor prior to the beginning of training and approval will be given.
13. The use of profanity, obscene gestures or actions or unnecessary roughness toward fellow students is prohibited.
14. Students may not give a demonstration, teach Taekwondo or participate in any outside individual/group training or activities without the approval of the Master Chung.
15. During training, use only techniques and skills taught by Master Chung, not those techniques learned prior to joining this Dojang.
16. Students should not engage in any activities that might degrade the code of Taekwondo ethics or reputation of the Dojang.
17. Personal hygiene is your responsibility (clean uniform, trimmed nails, etc.)
18. During training hours do not use sporting aids without the approval of Master Chung or your Instructor.