

STUDENT RULES

1. Whenever entering or leaving the Do Jang, show a bow of respect to the National Flags.
 2. Execute a bow of respect upon meeting an instructor or Black Belt.
 3. Each class will have a formal ceremonial opening and closing consisting of a bow to the instructors and flags and a moment of silent meditation.
 4. Remove all jewelry before taking class
 5. The Do Bok will be clean and complete at all times.
 6. Observe a high degree of personal hygiene. Toenails and fingernails should be kept neatly clean and trimmed.
 7. Remove shoes upon entering the DoJang.
 8. Strict attention is to be given to the instructor at all times.
 9. Proper respect will be given to all persons holding a higher rank belt.
 10. Profanity, loss of temper, horseplay, loud laughing and talking or display of lack of self-discipline will not be tolerated.
 11. There will be no smoking, gum chewing, ingestion of liquids, leaning against the walls or sitting while wearing a Do Bok.
 12. **Be on time for class.** If you do arrive early for class take the opportunity to do warming up exercises and practice. Do not lounge around.
 13. Practice only those techniques which have been presented to you by the Instructor. Do not try to skip ahead through observation of higher belts.
 14. Do not inquire concerning examination for promotion to higher belts. When your instructor decides you as an individual are ready to test, he will invite you to test.
 15. Do not complain about strenuous conditions.
 16. Do not use strange terminology (i.e. Ki, DoJo, Kyu, Sensi.) Use Korean terminology (i.e. Do Bok, Do Jang, Kup, Sa Bom Min.).
 17. No free sparring without the permission of the instructor.
 18. Mandatory protection equipment is required for free sparring.
1. Forearm and Shin Pads 2. Chest Protector 3. Mouthpiece 4. Groin Cups (mandatory for male students)
1. The title of "Mister or Ms." followed by the application of the last name will be used in addressing all instructors.
 2. **Avoid bringing valuables to class.** We are not responsible for any articles left here at the school by the students. Take with you all clothing and protection equipment after each class.
 3. Techniques are not to be used outside of the DoJang unless circumstances involving your safety or the safety of others are overriding.