

DOJANG ETIQUETTE

- When entering the Dojang (training hall) students should pay respect to the National Flags then to Master, Instructors, Black Belts and senior Coloured Belts (in order of rank).
- Warm up and practice patterns / technique if time permits before class formally starts (warming before class will lessen the chance of injury and pulled muscles and prepares the student for the focus necessary to get the best from your training).
- When class officially begins students should line up according to rank. Highest ranking to the front right facing the Instructor.
- Respect is then paid to the National Flags then to the Instructor and then to the Black Belts.
- If arriving late, after bowing to the flags and Instructor, wait for the Instructor to acknowledge your bow and his/her permission to join the class.
- During class respect and discipline must be maintained at all times and dojang etiquette must be followed by all members. Remember the chain of command of rank (senior grade to junior grade) must be followed at all times. Respect is shown to your training partner (regardless of their rank) at the start and finish of an exercise.
- If leaving the Dojang before the finish of class permission must be asked of the Instructor if permission wasn't arranged prior to the class.
- Should a student wish to ask a question, he does not do so directly to the Instructor but approaches the senior member. If the senior member is unable to help him, he may ask an instructor, but the Master should never be approached directly. A chain of command is established, and problems dealt with at the level where they properly belong. Proper Dojang etiquette should be observed at all times.
- Students should never ask to learn advanced technique or the pattern. The Instructor will teach you what you are qualified to learn at your level. It is disrespectful to ask for additional training when you may not have perfected what you are currently working on.
- There should be no unnecessary noise in class. Students should be quiet unless instructed otherwise. Students on the sidelines should be seated with good posture, legs folded and back straight remaining still and not disturbing others members training (no student should lean against anything when sitting or standing).
- The Dojang should be kept clean at all times, junior students should (without being asked) sweep the floor prior to the start of class. Personal items should be stored away from the training area.
- No shoes are to be worn in the training area.
- No food or drink allowed in class (eating, drinking or smoking is not permitted at anytime while in uniform)
- Uniforms should be clean and ironed. Belts should be tied (equal ends / stripe on the right hand side) and always worn with your uniform.
- Before and after exercises, check that doboks are adjusted correctly, students should bow, turn 180 degrees to their right, adjust their uniforms and belts, turn to the right 180 degrees, bow to the instructor or fellow student he is working with. Never turn your back on an instructor unless you are told to do so during an exercise. Never adjust your uniform while facing the Instructor or your training partner
- Long hair should be tied up and firmly secured.
- Finger and toe nails should be clean and trimmed.
- Pay attention to personal hygiene (use deodorant).
- Instructors should be addressed (whether in or out of the Dojang) as Mr. (Mrs / Miss) followed by their last name e.g. Mr. Smith or by their last name followed by *Sa-bum-nim* (Instructor) e.g. Smith Sabumnim. Master Frost should always be addressed as Master Frost or *kwan-jang-nim* (School Master). It is disrespectful to address a Master by their first name.
- At the formal end of class the procedure is the same as during the opening ceremony. After bowing to the Instructor students will say together *cum-sa-hum-nee-da* (thank you for teaching us) and the Instructor will respond with *chon-mar-na-oh* (you're welcome)