

Q's Taekwondo Dojang Rules

1. When you enter the Dojang, the honor of bowing is to: Master or Instructor, Flags, when entering the workout area and as a cordial greeting to each other.
2. When you arrive during a class in session, wait at the entrance of workout area for permission to enter from Master or Instructor.
3. Always wear a clean, neat uniform, remove jewelry that might cause injury to you or others.
4. Personal hygiene is important. Always keep nails on hands and feet trimmed back to protect both yourself and others.
5. Please address all Black Belts as either "Sir" or "Ma'am". This is done to show respect for their instructor status while in the Dojang.
6. Whenever you approach the Master or Instructor, bow first, then speak politely.
7. Remember to keep all conversation in class Taekwondo related. The time in class should be centered to growing and learning in Taekwondo.
8. All students must be courteous and must obey their Master, Instructors, and each other. Advanced students should set a good example for the lower belt ranks.
9. Each student is a member of our Taekwondo Family, therefore it would be appreciated if you would let us know if you are ill, are too busy, going on vacation, or will be absent from class for an extended period of time. Changes affecting your training are our concerns, stop by or call to let us know.
10. All students are responsible to keep the Dojang clean.
11. No sparring or contact allowed without Black Belt or appointed advance student supervision.
12. Students are responsible for their own equipment, keeping it clean and accounted for prior and during classes.
13. Do not attempt to practice techniques you have not been shown directly by your Master or Instructor.
14. Remember not to over work yourself when recovering from an injury. Inform the Master or Instructor of your condition prior to starting of class. If your injury forbids you to participate in a majority of the class activities, be courteous to the other's time and space, and don't participate in the class until you are fully capable.
15. All Mighty Mights and Youth Students are responsible for memorizing, and more importantly, doing their "Home Rules".
16. All Students are responsible for memorizing and understanding the class salutation and the Ethics of Taekwondo: Respect, Courtesy, Integrity, Humility and Perseverance.
17. Finally, remember a belt is designed to hold up your pants. A true Taekwondo Student wears their belt around their Heart.

Kwanjangnim