



GREAT FALLS TANG SOO DO

DOJANG ETIQUETTE AND RULES

Below you will find quite a long list of dojang etiquette and rules! We do not expect a student and/or parent to know them right away; many of them will be learned in class as the student progresses.

The etiquette and rules listed below promote discipline, respect, humility, and a positive attitude. It is important that they are followed once the student has been taught them, in order to train in a traditional atmosphere where martial arts are learned.

SAFETY - Running safe classes is our number one priority

1. No jewelry in class.
2. Children must be supervised by an adult at all times.
3. Maintain proper hygiene:
 - Clean clothing and equipment.
 - Finger / toe nails kept short & clean.
 - If a student has athletes foot or planters warts, feet must be covered with athletic tape or martial arts shoes.
 - Do not attend class if you are sick.
4. No chewing gum or food allowed while in class.
5. Students with long hair must tie it back.
6. Let us know if your child is to be picked up by someone else, and who they are.
7. Parents are encouraged to drop off their kids to let the instructor have their full attention for at least the first 15 to 30 minutes of class.
8. Students are encouraged to bring their own water bottles.

DOJANG ETIQUETTE

1. Arrive early to class.
 - If late, wait at the side of the mat for an instructor to signal you to join the class.
2. No shoes on the mats.
 - Unless a Dr. says special foot wear is needed, or for hygiene reasons as stated above. Instructors may wear approved martial arts shoes.
3. No cell phones.
4. No talking in the training area while class is in progress.
5. Bowing:
 - Students bow upon entering & leaving the dojang.
 - Students bow upon entering & leaving the training area (mats).
6. Uniform must be worn at every class.
Exceptions:
 - New Students may wear loose fitting, workout clothing.
 - Instructor may announce exceptions, such as "T-shirt Day."
7. Instructors are addressed by their rank.
8. Students acknowledge commands in class with "Sir/Ma'am."
9. Instructors are greeted with a formal bow and/or hand shake.
10. Help keep the school clean, including common areas, training floor, and restroom.

PLEASE SEE THE WORLD TANG SOO DO ASSOCIATION GUP MANUAL FOR MORE INFORMATION. A COPY IS AVAILABLE AT THE SCHOOL, AND EACH STUDENT RECEIVES A COPY WITH THEIR ENROLLMENT.