

# **DOJANG RULES AND REGULATIONS:**

## **SHOW FORMAL RESPECT TO YOUR DOJANG.**

- Bow to the flags and your instructors when entering and leaving the school.
- Bow before entering and leaving the practice area. Remove your shoes.
- If a class is in session, please bow with the class. Bow standing (if in street clothes).

## **GIVE PROPER RESPECT TO YOURSELF, YOUR INSTRUCTORS, YOUR CLASSMATES, AND YOUR ELDERS.**

- Do not use vulgar language or put-downs. This will result in serious disciplinary action.
- Concentrate on your training! Never do anything to obstruct your own or another's learning. There should be no unnecessary talking or horseplay during practice.
- Do not try to practice a technique or form that you have not been taught and do not teach others without the permission and/or supervision of your instructor.
- Do not touch weapons or other training equipment without the instructor's permission.
- All rules that apply to the instructors must apply to your elders.

## **ADDRESS ALL BLACK BELTS AS "SIR" OR "MA'AM."**

- When called on in class, answer your instructor with "Yes, Sir/Ma'am!" Always respond with "Sir" or "Ma'am" at the end of all responses. Run when you are being called upon by an instructor.
- When speaking to your instructor, stand in the attention position.
- Do not walk in front of an instructor. If you must, crouch down and excuse yourself.
- Always hand off/take items to/from your instructor with two hands and bow.
- If you have a question for your instructor, do not call your instructor over to you. Instead, approach him/her standing in the attention position.

## **RESPECT YOUR DO-BOK.**

- Do-bok is the Korean word for martial arts uniform. Come to class with a complete and presentable do-bok. This means that the uniform should be clean and un-torn. It should include underwear, a t-shirt, pants, jacket, and a belt. Any t-shirt or garment worn under the jacket should be black. Always treat the do-bok with respect after class and fold it neatly.
- Before class, change into your uniform without delay. We prefer that you come to class in your uniform, ready for training. Always wear the full uniform at the beginning of class. If the weather is hot, you may ask permission to take off the jacket during a class break.
- Should your uniform need to be adjusted during class, face away from the flags and kneel on your right knee while you make the necessary adjustments.

## **HAVE PRIDE IN THE APPEARANCE OF YOUR SCHOOL. HELP KEEP IT CLEAN AND ORDERLY.**

- Pick up after yourselves and others! If you use any of the equipment, put it back where you found it.
- Please bring your own water bottle. A reusable water bottle is recommended.
- DO NOT leave water bottles and clothing behind! These items will be thrown away if not claimed.

## **WHEN STANDING, ALWAYS BE IN THE ATTENTION POSITION. WHEN SITTING, ALWAYS SIT FORMALLY.**

- Whenever you are told to sit down during a class session, sit properly with legs crossed in front of you. Hands should be on the belt in the diamond shape position. Don't slouch or lean against the wall.
- When standing in line, always stand in the attention position without leaning or slouching.

## **BE CONSIDERATE TO YOUR TRAINING PARTNER.**

- Do not wear jewelry during practice. Fitness bands are allowed; however, they must be removed during technique practice. Wedding bands are allowed as long as there are no protruding gems.
- Come to class clean and well groomed. This includes keeping the fingernails and toenails well trimmed. Students **WILL NOT** be allowed to train with untrimmed nails. This is dangerous for both the student and their partner.
- Adjust to different people based on skill level, size, and age.
- When handing things to your classmates, always hand items/take items formally.

## **ATTEND CLASS REGULARLY.**

- Be on time for class. If you must arrive late, ask for permission to join the class. If you must leave early, ask permission before leaving.
- Please inform the instructor of long absences.

## **ALWAYS PERSEVERE, HAVE PATIENCE, AND MAINTAIN A POSITIVE ATTITUDE!**

- Always practice to your full potential. Train to the limit of your endurance, energy and concentration. Don't, however, force yourself beyond what is a safe level for you.
- Never say, "I can't!" Always say "I can try." (There are always variations/modifications)
- Keep a strong mind. Don't allow doubts and fears to overshadow you. A positive mind will yield positive results.

## **MEMORIZE AND APPLY THE STUDENT CREED.**

## BASIC TERMINOLOGY

Hangeul	Korean (Romanization)	English
안녕하십니까	<i>An Nyeong Ha Sim Ni Kka</i>	<i>Hello / Hi / How are you?</i>
안녕히가십시오	<i>An Nyeong Hee Ga Sip Si O</i>	<i>Goodbye / Go Safely</i>
수고했습니다	<i>Su Go Haet Seum Ni Da</i>	<i>You Worked Hard</i>
감사합니다	<i>Gam Sa Ham Ni Da</i>	<i>Thank You</i>
천만에요	<i>Cheon Man E Yo</i>	<i>You're Welcome</i>
수련시작	<i>Su Ryeon Shi Jak</i>	<i>Practice Begins</i>
수련끝	<i>Su Ryeon Kkeut</i>	<i>Practice is Finished</i>

Hangeul	Korean (Romanization)	English
차려	<i>Cha Ryeo</i>	<i>Attention</i>
경례	<i>Gyeong Rye</i>	<i>Bow/Salute</i>
정좌	<i>Jeong Jwa</i>	<i>Kneeling</i>
준비	<i>Jun Bi</i>	<i>Ready</i>
시작	<i>Shi Jak</i>	<i>Begin</i>
도복	<i>Do Bok</i>	<i>Uniform</i>
기합	<i>Gihap</i>	<i>Special yelling utilizing "Ki" energy</i>
숨쉬기	<i>Sum Swi Gi</i>	<i>Breathing</i>






Hangeul	Korean (Romanization)	English
하나	<i>Ha-Na</i>	<i>One</i>
둘	<i>Dul</i>	<i>Two</i>
셋	<i>Set</i>	<i>Three</i>
넷	<i>Net</i>	<i>Four</i>
다섯	<i>Da Seot</i>	<i>Five</i>
여섯	<i>Yeo Seot</i>	<i>Six</i>
일곱	<i>Il Gop</i>	<i>Seven</i>
여덟	<i>Yeo Deol</i>	<i>Eight</i>
아홉	<i>A-Hop</i>	<i>Nine</i>
열	<i>Yeol</i>	<i>Ten</i>

# PARENTS & GUESTS RULES:

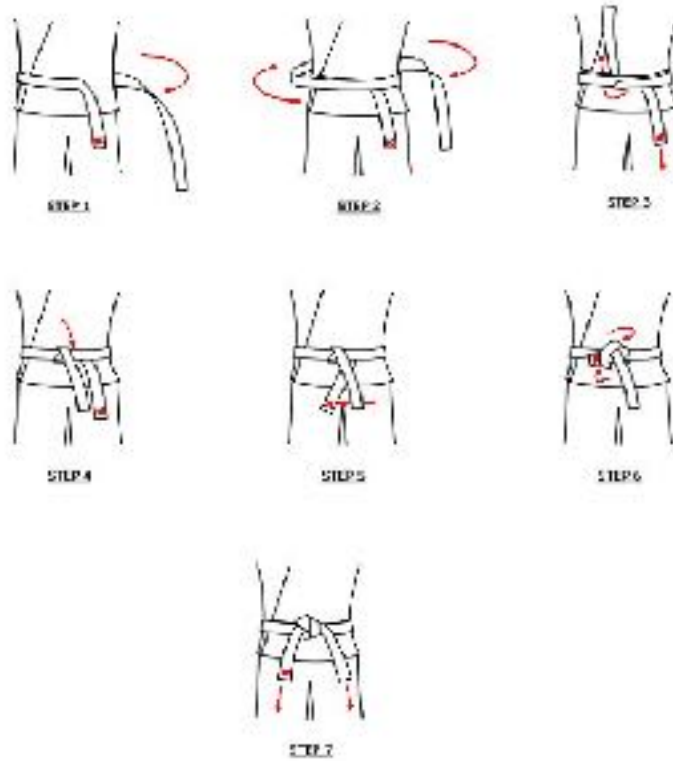
1. ALWAYS SHOW PROPER RESPECT TO THE SCHOOL, TO THE STUDENTS, AND TO THE INSTRUCTORS.
2. NO ONE IS ALLOWED ON THE PRACTICE FLOOR EXCEPT FOR OUR STUDENTS. PLEASE DO NOT TOUCH ANY OF THE TRAINING EQUIPMENT.
3. DO NOT TALK TO STUDENTS WHILE THEY ARE PRACTICING. DO NOT DO ANYTHING THAT MAY BE A DISTRACTION.
4. PARENTS – DO NOT COACH YOUR CHILD. THIS IS THE RESPONSIBILITY OF THE INSTRUCTORS.
5. SILENCE CELL PHONES AND TAKE ANY CALLS OUTSIDE.
6. MONITOR YOUR CHILD IN THE WAITING AREA AND THE BATHROOM.
7. PLEASE PICK UP AFTER YOURSELVES. IF YOU HAVE OR YOUR CHILD HAS USED ANY OF OUR ITEMS IN THE WAITING AREA, PLEASE PUT THEM BACK WHERE YOU FOUND THEM.
8. PLEASE TAKE DISRUPTIVE SIBLINGS OUTSIDE DURING CLASS TIME.
9. YOU ARE WELCOME TO CONNECT TO THE WIFI.
10. PLEASE MAINTAIN A POSITIVE AND SUPPORTIVE ATTITUDE TOWARDS OUR STUDENTS! YOU ARE WELCOME TO APPLAUD AND CHEER WHEN APPROPRIATE.

# Student Creed

Students at KSMY Martial Arts School are required to memorize and be able to recite our Student Creed in its entirety. This creed is a positive affirmation of who they are, what they can do, and what they would like to become. Not only do students learn the words, they are also taught the meaning and the importance of what they are saying. Each paragraph of the Student Creed corresponds to a belt color. Beginning students start with “I will develop myself in a positive manner,” and as they earn each belt on their way towards becoming a black belt, additional verses are added. Upon advancing to red/black level, students will know and understand the entire creed.

-  I will develop myself in a positive manner.
-  I will have self-discipline and take responsibility for my actions.
-  I will use what I learn in class defensively and never be abusive or offensive.
-  I will enjoy improving myself as a martial artist and as a person.
-  This is a Black Belt School - I am dedicated, I am motivated, I'm on a quest to be my best!

## How to Tie Your Belt



## How to Fold Your Uniform

