

## Class Rules

- Instructors are to be called Master, Mr., Miss, Sir, Ma'am or by their Title.
- Always bow when entering and leaving the class.
- Sign in at the computer upon entering the Dojo and be ready at the beginning of each class.
- It is very important to be on time for class. Continued tardiness will not be tolerated.
- Only White uniforms and Black Warrior Club uniforms are to be worn in class.
- During class the complete uniform must be worn (pants, top, and belt).
- Cleanliness is required. Nails cut, hair out of the eyes, and uniform clean and pressed.
- ONLY before and after class may you wear pants with a t-shirt.
- **No jewelry** is to be worn in class.
- **No food, drink or gum** is allowed in class.
- No loud talking or horse playing before, during or after class.
- Always practice with safety and respect toward your instructor and classmates.
- Should the child miss a class, the parent must check with the instructor for other class times that the child can attend throughout the week for credit.
- To be eligible for belt ranking, the student must have the minimum class hours, be doing well at home, school and have a great attitude in Tang Soo Do class. **THERE IS AN ADDITIONAL FEE FOR BELT TESTING.**
- Tournaments are held once a year, locally. Emphasis is not placed on winning but on doing your best. Participation in a tournament is NOT required for promoting to next rank.
- School patches and association patches are required at yellow belt level. There is a charge for all patches, USA flag, school and association patches. Patches ARE required for entering tournaments & Testing's.

## Bowing and Etiquette

Since Tang Soo Do is a traditional Korean martial art, etiquette plays an extremely important role in developing the martial art character of the student. Following the rules of etiquette develops self-control which is an essential prerequisite to advanced martial art training. Proper etiquette demonstrates respect for the art, for one's instructors, and for one's fellow students.

**Bowing** (*Kyung Neh in Korean*) is part of the traditional Korean Way of greeting, parting, and demonstrating respect. Unlike bowing in Western culture, Asian bowing is by no means a sign of subservience, nor does it have a religious connotation.

### **The semi-formal bow, standing, is performed:**

- When entering and leaving the practice area.
- When greeting your instructor (always use your instructor's martial arts title or "Sir" or "Ma'am") as you arrive and when you bid your instructor farewell as you leave.
- When beginning or finishing each form (hyung) bow to your instructor, if you are under his/her supervision.
- When beginning or finishing technique practice or sparring.
- When asked by your instructor.

### **The formal bow, sitting, is performed when beginning and ending class:**

- A salute to the national flag(s)
- Bows to any instructors present in the practice area
- Bow to signify "practice begins" or "practice ends".

Bowing represents the mutual respect that instructors and students should feel among themselves and towards each other. When you bow, you are not bowing to that person, but to the knowledge and skill that person has acquired, and to the rank that they have attained.

## **Student Creed**

A positive attitude is the most important thing you can bring to class with you. If you are dedicated to your training, you can and will accomplish things you never thought possible. Students should always pay attention to what is being said in class. Listening to instructors is the fastest way to learn.

The first step toward your goals is to establish the proper mental approach. We think our student creed, if followed properly, will help you begin.

### **Student Creed**

- I will develop myself in a positive manner and avoid anything that will reduce my mental growth or physical health, sir/ma'am.
- I will develop self-discipline in order to bring out the best in myself and others, sir/ma'am.
- I will use what I learn in class constructively and defensively; to help myself and others and never to be abusive or offensive, sir/ma'am.