

DOJANG RULES updated 1st February 2016

PREPERATION FOR TRAINING

THE DOBOK- (attire and personal presentation)

- The Dobok must be clean, smart and in good repair.
- For modesty and/or comfort an approved plain white undergarment which is not visible above the neck of the dobok may be worn. Black Belts may wear a black or white undergarment.
- Out of respect for fellow students, club members should be mindful of personal hygiene - especially in the hotter months. This includes clean hands, feet and nails. All nails are cut short for safety purposes.
- For health reasons all cuts or abrasions should be appropriately covered.
- Jewelry should not be worn during club training with the exception of wedding bands and very small earrings. If it is not possible to remove certain other jewelry items please see an instructor for advice. These rules differ at grading's or seminars and instructors are available for advice around this.
- Members should arrive at least 10 minutes before training commences, be attired correctly and be ready both physically and mentally for prompt form up.

ENTERING AND LEAVING THE DOJANG

- Remove footwear before entering the Dojang. Shoes may be carried inside.
- Where several people are entering the Dojang ensure the senior adult is shown the courtesy of entering first. The exception to this is accompanying visitors who are offered entry before students.
- Students must bow when entering or leaving the Dojang - this includes entering or exiting the kitchen or bathrooms.

INSIDE THE DOJANG

- Ensure shoes or other articles are neatly stored in accordance with the wishes of the instructor.
- Bow and acknowledge others present in the Dojang, which should include firstly the instructor, the assistant instructors, then senior members. Children must acknowledge adults. All members are to treat each other with courtesy and respect. Members shall address one and another courteously, and use titles, e.g. yes sir, no ma'am etc. The instructor and seniors should be addressed as sir/ma'am. Or by his or her surname preceded by the title Mr./Mrs. All questions or answers should end with the appropriate sir/ma'am.
- When seeking to bow or speak to the instructor or seniors students stand at attention at a respectful distance, out of earshot if they are in conversation, and remain alert to the situation at hand until approached or spoken to by the instructor or senior.
- Students are not to make any unnecessary noise or disturbance in the Dojang.
- Junior students are responsible for the correct setting up and storing away of flags and club regalia before and after training. This is to be done with care and respect and also applies to any equipment used during the session. Seniors are more than happy to help with advice around this.
- Wherever possible students should inform the instructor or senior members of their non-attendance at class. This is not only a courtesy in the planning of training sessions but is also necessary for grading purposes. This can be done through prior notice, txt message, phoning, etc.

