

## Rules of dojang

- ☞ **Always show respect** to senior ranks and each other.
- ☞ Tae kwon do is to be used in **self defense & tournament sparring only**. any misuse of tkd outside will result in dismissal from tkd for an indefinite period of time.
- ☞ No foul language to be used at any time.
- ☞ **Do not** show up under the influence of drugs or alcohol.
- ☞ If you are late proceed to the back of the class , do 50 pushups and wait for permission to join the class.
- ☞ Always practice **the tenets of tkd; courtesy, integrity, self control, perseverance and indomitable spirit.**
- ☞ Salute upon entering any dojang then salute all black belts before you do anything, approach the highest ranking black belt first, await him/her to acknowledge you and salute, then warm up for class.
- ☞ Simple, **use common sense and respect** inside and outside the dojang. any infraction of these rules can result in disciplinary action and/or dismissal from class and/or dismissal from the dojang.

### Hints for making your training more effective.

- ☞ warm up and stretch as soon as you arrive for class , this lets you increase your flexibility and decrease the chance of injury which can cause you to miss classes.
- ☞ talk to your friends before or after class , you will miss valuable pointers if you talk during class. this is also a show of disrespect and will result in disciplinary action.
- ☞ ask questions after you try something and are having difficulties. **try first.**
- ☞ don't break the rules

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