

# York Area Taekwondo Academy

Traditional Korean Taekwondo

Focus · Control · Power

(Branch School of the *Harrisburg Institute of Tae Kwon Do, Inc.*)

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Hard Kohr Sports and Fitness

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## Rules of the *Dojang*

The *dojang* ("Tae Kwon Do school" in Korean) develops the whole person; individuals learn to defend themselves both physically and emotionally. Students help one another learn from their experiences both in and out of the *dojang*. A person should take pride in how they conduct themselves in the *dojang* and outside of it, during their normal daily activities.

The *dojang* is unlike any other place. Not only are the standards of behavior high, but the rules of conduct differ from those of other sports. For example, in the *dojang* we bow to our instructors, colleagues, and friends rather than merely shake their hands. Respect for each other is not only valued, but its demonstration is also required. Below is a list of basic rules to be followed inside the *dojang*:

1. Bow to the flags when entering or leaving the *dojang*.
2. Bow when entering or leaving the training area.
3. Never wear shoes on the training mat, regardless of whether or not you are in uniform.
4. If you are not yet in class, turn away from the class that is beginning or ending.
5. When the class is ready to begin, the instructor will call everyone to line up. Students line up according to belt rank, the highest ranking member to the front right as he/she faces the instructor. After rank, students line up first by gender (women before men) and then by age.
6. Instructors will be addressed as "Sir" or "Ma'am". In the case of black belt instructors, they may be alternatively addressed by their title of Dan rank.
7. If coming late to class, you should wait for the permission of the instructor to enter class. Stand quietly to the side of the training area and wait for the instructor to acknowledge you. Do not join a class in progress without permission.
8. No jewelry of any sort (earrings, necklaces, rings, watches, etc.) may be worn during class.
9. Students should help keep the *dojang* clean. Each student is responsible for his/her own valuables.
10. Proper gear must be worn during sparring – headgear is essential.
11. During class, proper respect and discipline must be maintained and *dojang* etiquette must be followed at all times by all students. The instructor's floor commands are to be obeyed. If a student must leave the *dojang* before the class is over, he/she must be granted permission by the instructor, preferably prior to class.
12. The instructors will tell students when they are ready to test for promotion. It is not for the student to determine their own readiness.
13. Students should be quiet, respectful, and attentive while others are practicing on the training floor. Furthermore, students should try to learn through observation.
14. Spectators should be quiet while classes are in progress in an effort to prevent disruption.

### A Student of the Martial Arts...

- Never tires of training and can learn anytime, anywhere
- Always set a good example for students of a lower rank
- Is always loyal and never criticizes the instructor, the art, or the teaching methods
- Faithfully practices and attempts to utilize techniques taught by the instructor
- Remembers that his/her conduct outside of the *dojang* reflects on both the art and the instructor
- Is never disrespectful to the instructor, and should follow their commands without question
- Is always eager to learn and ask questions

*"Those who achieve the most are not the most skilled, but are those who concentrate long after others have given up"*  
Tsutomu Ohshima

### **Tenets of Tae Kwon Do**

Courtesy · Integrity · Self-Control · Perseverance · Indomitable Spirit