

# United Tae Kwon Do - School Rules



- 1) No shoes are allowed in the do-jang to keep the floor clean from debris. When entering and leaving the do-jang, bow to the flags and bow to the instructor.
- 2) Proper respect will be displayed to all Office Staff, Instructors and Black Belts: Address Staff, Instructors and Black Belts as 'Mr./Mrs./Ms. (last name)', 4<sup>th</sup> Dan Instructors as 'Sahbumnin (last name)', Masters as 'Master (last name)', and Grandmasters as 'Grandmaster' or 'Kwanjangnim'. Also address them as 'Sir' or 'Ma'am'.
- 3) While in the do-jang: No smoking, No gum chewing, and No eating. If you arrive early, only light stretching is allowed in the warm-up room. **CHILDREN ARE NEVER ALLOWED TO USE WEIGHTS.** Changing rooms should only be used for quickly changing, never for waiting, lingering or extended socializing.
- 4) Do not eat or consume lots of fluid immediately before a workout. A drink of water will be allowed with permission from the instructor. Stay hydrated all day long, and leave at least 1 hr before class after eating a snack, 2 hours for a small meal, and 3 hours for a large meal. Be sure to REHYDRATE well after your workout!
- 5) Remove all jewelry, piercings, and unsafe clothing prior to engaging in training, including, but not limited to, rings, earrings, facial piercings, watches, bracelets, anklets, toe rings, headscarves, and hats. Avoid bringing valuables to class, including phones, iPods, etc. The school will not be responsible for their loss or damage.
- 6) Students may only attend classes designated for their age group, and may not attend if they are sick or have a fever. Arrive to class **before** the starting time. Late arrival requires permission from the instructor to participate in class (wait along the side wall in front for the instructor to acknowledge you). To minimize risk of injury from lack of stretching, do not attend class if you are more than 15 minutes late. If you need to be dismissed early, permission by the instructor must be granted in advance.
- 7) Update your attendance record for each class you attend with a check-mark. If you have any injuries or physical issues, mention these to your instructor *before* class.
- 8) Parents are encouraged to stay and watch their children's classes, but please do not provide instruction. Do not leave any children (who are not attending class) unattended at the school. A parent, guardian, or previously-approved adult must park and come into the school to pick-up their child after class. Do not post any photos or videos to an social networks (i.e. Facebook, etc.)
- 9) Each class starts and ends with a bow to the flags, followed a period of meditation, then a bow to the instructor. During meditation all talking and other activities should cease. (Parents, please refrain from talking too.) Strict attention is to be given to the instructor at all times. Conversation is to be kept to a bare minimum during the training sessions, and DO NOT interrupt the instructor unless it is urgent.
- 10) Students should NEVER lounge or lean against walls, or sit down during a training session. When resting during class stand straight with your hands behind your back, NEVER on your hip.
- 11) A TAEKWONDO uniform must be worn at all times while training and instructing; Uniforms must be clean (washed) and neat (not wrinkled). Don't wash your belt. Our uniform is special and out of respect for Taekwondo and for safety, it should never be worn outside the school. Instead change at the school or wear a jacket and sweats over your uniform when entering/leaving the school.
- 12) Whenever contact sparring, students **MUST** wear head, trunk (hogu), mouth, and groin protection. Elbow/arm and shin/instep guards are also recommended. Never should students kick or punch to the head of another student. If the instructor declares 'NO contact sparring', not even light contact is allowed. You are expected to demonstrate a high standard of self-control.
- 13) Maintain a high degree of personal hygiene. Toenails & fingernails should be kept trimmed. Wash hands often.
- 14) Profanity (swearing), loss of temper, disruptive behavior, lack of self-control, or any display of disrespect or lack of discipline will NOT be tolerated.
- 15) If you miss classes for any reason, you are still responsible for payment. No make-up classes. In case of bad weather, call 860-289-8008 for a recorded message if we are closed. We close for vacation 4 weeks each year.
- 16) No student is ever guaranteed to test. Testing is by invitation only and based on the student's ability to perform well at their current rank in all aspects of Taekwondo, including inside and outside of the do-jang. The decision is made by the school manager and is based on information from the instructors, parents, and administration.

**I have received, read, and understand these United Tae Kwon Do School Rules. I understand that strict adherence to these rules is required for continued enrollment at the school.**

**Student or Parent/Guardian:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Additional Students/Children:** \_\_\_\_\_