



## Safety and Etiquette guide

Taekwondo training reflects the military discipline under which it was created. As such, all students are expected to adhere to the following training rules, for safety of themselves and others, and to maximise the benefit of lessons for all students.

- All jewellery (e.g. earrings, bracelets/watches, necklaces) should be removed before training unless given permission by your instructor.
- Training should be performed bare-footed, unless given permission by your instructor.
- Always address your instructors and seniors as “Sir” or “Ma’am”, as appropriate.
- Never swear or use offensive language in the dojang.
- Wear a clean dobok with belt to every session unless specified otherwise by your instructor. (White belts may wear appropriate sports clothes).
- When given a command by an instructor/senior, respond loudly “Yes Sir/Ma’am!”.
- Do not enter or leave a class without the instructor’s permission.
- Raise your hand to ask a question.
- Do not fidget. You may adjust your dobok after first bowing to face the rear of the training hall.
- Do not eat and drink only water while wearing your dobok. (During long events, like competitions, eating small, energy boosting snacks is accepted).

### Arriving late to session:

- If possible, let your instructor know you will be arriving late within good time.
- Once you arrive, approach the instructor (e.g. at the front of the class) and remain in attention stance at the side of the dojang until the instructor addresses you.

As a general rule, students should observe the tenets, and the oath at all times, both in and out of the dojang. If you’re unsure of what is expected in specific circumstances then politely ask your instructor or a senior grade.

A student who is able to maintain a high level of discipline will be successful not only in Taekwondo, but in all aspects of their life.