

Hapkido Brisbane

Hapkido Brisbane Rules and Regulations

Warm up first, using stretching exercises.

Slowly practice kicking and punching techniques.

Never use force on your partner- serious injury may result.

If you ever experience pain when practicing with your partner, signal your partner by tapping your thigh twice. If you ever experience pain when practicing with your partner on the mat, signal your partner by hitting the mat twice. These signals indicate you are in pain and your partner should stop immediately

You will always bow to the Master Instructor when entering and leaving the training hall (Do Jang).

You will always salute the flags when entering and leaving the training floor.

When the Master Instructor arrives in the class, the first student that notices the Master's presence will clap their hands and call the class to attention. The highest-ranking student will call out the commands: "Cha Ryuht" (attention) then "Kyung Neh" (bow).

Always bow to the instructor that is in charge of the class.

You will address all instructors by their rank name or by "Sir or Mam".

There will be no profane or abusive language used in the dojang at any time.

There will be no shoes worn on the training floor at any time.

Do not teach higher-ranking techniques to lower ranks unless instructed to do so by the Master Instructor.

While at the Do Jang (school), do not practice any techniques that have not been taught by the Master Instructor or Class Leader.

Do not face the Master Instructor, other students, or the flags when adjusting your Do Bak (Uniform) or belt.

Korean terminology is to be used as much as possible while in class.

All injuries are to be reported immediately to the Master Instructor or the Class Leader.

If you become ill during class, or have to leave class for any reason, you will notify the Instructor in charge before leaving.

Hapkido Brisbane **School Rules and Regulations...continued**

You must get permission from the Master Instructor before participating in any tournament or demonstrations.

Smoking, drugs, chewing gum, or wearing jewellery is prohibited in the Do Jang.

There will be no idle chatter or horseplay in the Do Jang. This is a place to learn, not to play around.

If you damage any equipment, report it to the Master Instructor Immediately. The costs of damages are the responsibility of the person or persons responsible for the damage.

Hygiene is extremely important. Always keep you and your Dobok (uniform) clean. Keep your finger and toenails cut short and clean at all times. Remember that you will be in close contact with others.

Help in keeping the Do Jang clean without being told. We all pay dues, and are responsible for the up keep of the school.

Only students may use the Do Jang and the equipment. However there must always be an instructor present in the Do Jang when students are using it.

Mobile phones should be turned off or left in vehicles unless there is a possible emergency. You should inform the instructor if there is a need for your phone to be on.

Only weapons used in training are allowed in the school. NO EXCEPTIONS!

Grading: Colour Belt, **\$70** per person (sorry, family discount does NOT apply)