

## Rules of conduct: Inside the Do-Jang

1. All members must treat each other with courtesy.
2. All instructions issued by instructors or senior members within the *do jang* must be obeyed.
3. When seeking to meet an instructor or senior, a student should stand at attention and keep alert to the situation at hand until approached or spoken to by the instructor or senior.
4. All members present should acknowledge visiting instructors or seniors as they enter the *do jang*. (The senior member present should call others to attention & command Bow)
5. Members must not leave the *do jang* without permission of the instructor.
6. Members must not raise any objection or arguments during training in the *do jang*.
7. Assistant instructors or other senior members should advise in advance their anticipated non-attendance at a training session.
8. The junior students present shall be responsible for the setting up and tidying up of the equipment each training session. The senior members shall supervise the putting away of equipment by junior members after the completion of training having regards to the wishes of the instructor.
9. Members must ensure their *do jang* is kept tidy.
10. Members should not smoke, eat or drink in the *do jang*. (Eating or drinking may be permitted at the instructor's discretion).
11. Members should ensure visitors are treated with courtesy, provided with seating, accompanied and given advice where necessary.
12. Students training at another branch should seek permission of their own instructor and that of the instructor of the branch being visited, prior to commencing the session.
13. Visiting members should be formally introduced to the club at the commencement of training.
14. Members must not make any unnecessary noise or disturbance inside the *do jang*.
15. All training fees or payments must be paid promptly at times indicated by the instructor.

16. Members shall address one another courteously, and use appropriate titles, e.g. Yes Sir, No Ma'am, Mr Bloggs, Mrs Kim, Dr Who etc. The instructor should be addressed as Sir/Ma'am or by his/her surname, preceded by their title Mr/Mrs/Miss/Dr.

17. Questions or answers should end with the appropriate "Sir" or "Ma'am".

### **Rules of conduct: Dress for training**

1. On arrival check your do bok and remove all accessories e.g. hats, headbands, rings, necklaces, watches, earrings and anything else dangerous. If wedding rings cannot be removed, they must be taped for safety.

2. Do bok must always be clean, ironed and worn correctly. They should be in good repair. Students may wear a white singlet or T-shirt under their do bok top with the permission of their instructor.

3. Belts shall be worn by those qualified for them, wrapped around the waist once and tied in the correct manner. Care should be taken to ensure the colour of the belt is representative of the grade; some dyed belts often do not give a true colour.

4. Black belt holders shall wear an official black belt and have 3cm wide black trimming around the bottom of the jacket. International Instructors have the addition of a vertical black stripe three centimetres wide on the outside of each sleeve of the do bok top and both of the pant-legs.

5. The do bok top should have the ITF badge correctly mounted on the front left breast and the International Taekwon-Do badge mounted on the front right breast. A small school badge may be attached to the right sleeve for individual school identity. (This should be smaller than the other badges). For international events a small national flag of the member's country may be attached to the left sleeve, midway between the shoulder and elbow. The ITF Tree should be placed on the rear of the do bok top.

6. Do bok obtained at international events from overseas competitors maybe worn at school level, if permission is granted by the instructor however they may not be worn at any official event.

7. If the do bok needs to be tidied up, students must turn to the left, away from the instructor to adjust.

8. The do bok should not be worn outside the do jang unless travelling directly to or from training or on special occasions as specified by the instructor.

9. Members who have participated in an authorised event shall be allowed to wear any specialised do bok worn for that event.