



Guelph Olympic Taekwondo

Dojang Conduct & Etiquette

- Upon entering the dojang, give a traditional bow and remove your shoes.
- All students are to stand and bow whenever an instructor approaches. Never bow from a sitting position.
- The only talking allowed in the dojang will be concerning Taekwondo training. Voices are to be kept low so as not to disturb others.
- Before lining up for class, you are to remove all jewellery and hand in your attendance card.
- Members are required to keep regular attendance.
- There is to be no eating, drinking or chewing gum during class or in the presence of the Master Instructor.
- Students must address the Head Instructor as Master or Kwan Jang Nim (above 4th Degree Black Belt). Other instructors are to be addressed as Mr., Miss, Mrs. or Ms.
- If you have any questions for the instructor, approach him or her, standing three feet in front, bow and ask your question politely.
- Never talk back to your instructor.
- No profanities, loss of temper, horseplay or loud talking are permitted in the dojang.
- Uniform must be kept clean and club crests worn.
- During class you must turn around to adjust your uniform.
- Practice only those techniques that have been presented to you by the instructor. Do not try to skip ahead through observation of higher belts.
- No free sparring is allowed without permission from the instructor.
- Co-operating with your partner during training is necessary to achieve maximum benefits of training. Practice techniques according to your partner's ability.
- Do not lose control. There are no shortcuts. Patience and perseverance are the key words for successfully achieving your goal.
- Students must reply "Yes Sir" or "Yes Ma'am" when answering the instructor.
- When a student sees a Black Belt, they are to bow.
- Adults are to bow to higher-ranking children (Dan level) who are 15 years and above