

# Club Rules

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## Taekwondo Oath

- I shall observe the tenets of Tae Kwon Do.
- I shall respect my instructor and seniors.
- I shall never misuse Tae Kwon Do.
- I shall be a champion of freedom and justice.
- I shall help build a more peaceful world.

## Tenets of Taekwondo

- Etiquette
- Modesty
- Perseverance
- Self – Control
- Indomitable Spirit

## Club Rules

- Insurance is compulsory. You will not be allowed to train without it.
- Always pay your training fees
- When arriving in the Dojang bow to the flag and to the class.
- Bow to the instructor when he/she enters the hall.
- No smoking and/or eating inside the Dojang at any time.
- Respect all senior ranks. Raise your hand before asking a question.
- Answer questions with proper respect.
- No horse playing, whistling or loud talking in the Dojang.
- Never lose your temper in the Dojang – especially during sparring.
- Keep your uniform clean at all times.
- Do not lean against walls, sit properly in class ( closed legs ).
- Students must keep fingernails and toenails clipped and clean.
- No profanity is to be used in the Dojang.
- Wearing of jewellery is NOT permitted during class.
- Obey the instructor at all times. No talking when the instructor is talking. No speaking to visitors during training.
- Asking permission to be excused during class.
- Do not be late for class.
- Do not face the Instructor or flag when fixing or straightening your uniform or belt.
- Do not fold your arms in the Dojang.
- At the end of the class, bow to the flag and Instructor.
- Bow to the flag and class when leaving the Dojang.