



# *USTKD TEAM MURRIETA*

## **Dojang Etiquette**

1. Whenever entering or leaving the **Dojang**, execute a bow of respect to the displayed national flags.
2. Execute a bow of courtesy upon meeting an instructor or Black Belt.
3. Remove shoes when entering the **Dojang** and place them in the provided rack. Shoes are not to be worn on the training floor.
4. Avoid bringing valuables to class.
5. **Doboks** are to be clean and complete at all times.
6. For your protection and the protection of fellow students, please remove all jewelry (rings, earrings, necklaces, bracelets, watches, etc.) prior to training.
7. Practice a high degree of personal hygiene. Toe and finger nails should be kept short and neatly trimmed.
8. Strict attention is to be given to the instructor at all times. Conversation should be kept to a minimum during class time.
9. Profanity, loss of temper, horseplay, loud talking, or any display of lack of discipline will not be tolerated.
10. Be on time for all classes. If you arrive early, take the opportunity to warm-up and practice your **poomse**. Do not lounge around.
11. Practice only those **poomse** which have been presented to you by an instructor. Do not try to skip ahead through observation of higher belts.
12. Do not inquire concerning rank promotional testing. When the instructional staff determines you are ready, you will be invited to test.
13. No free sparring without permission from an instructor.
14. Taekwondo techniques are not to be applied outside of the **Dojang** unless circumstances involving your safety or the safety of others is overriding.