



## Central Iowa Martial Arts – Rules of the Dojang

[www.centraliowamartialarts.com](http://www.centraliowamartialarts.com)

Grand Master Greg Ferry

- When entering or leaving the training hall, bow to respect the national flags. This should be done whether the flags are actually hanging or not.
- To show respect to the instructor and all students, always respond to questions as “yes, sir”, “no, sir”, “yes, ma’am”, or “no, ma’am”.
- A student should never provide instruction to another student without permission from the instructor.
- Be on time for class. Arrive early to warm-up, stretch, and practice.
- Do not chew gum while in the Dojang.
- Tae Kwon Do techniques taught in class are not to be used outside of class unless your safety or the safety of someone else is at risk.
- Keep your Dobok (uniform) clean and complete at all times.
- The class should line up with the highest ranking students in front and to the right. Lower ranks should follow working to the left, then the next line, and so on. When a higher ranking student needs to enter into a line, he/she should bow out that student, and that student should move left, or to the next line.
- Students should turn away from the instructor to adjust their uniform or belt.
- Handshakes with gratitude should always be given after sparring, or doing partner related activities.
- Jewelry is not advised in the training hall.
- Students should not leave class without permission from the instructor.
- Keep the training hall clean at all times. Remember that we are guests at the facilities that we train in, and we should act as such.
- Do not talk during class unless it is necessary.
- When sparring, never punch or kick to the back, or below the belt. Never throw a blind technique.
- If a student is sparring with no protective equipment, no contact should be made on any techniques. If a student has protective equipment, only light controlled contact should be allowed. The level of contact should be lighter for lower level students and will increase as the rank of the student increases. Full contact sparring is not allowed.
- When sparring between a higher ranking student, and a lower ranking student, the higher ranking student should only fight to the level of the lower ranking student for training purposes.
- Do not use profanity, obscene gestures, horseplay, or unnecessary roughness towards another student.
- During training, all students below black belt should wear the white traditional uniform. Black belts can wear uniforms with color. During testing, all students at all levels should wear the traditional white uniform only.