

TAE KWON DO Makes you STRONG in BODY · MIND & SPIRIT

## THE TAE KWON DO DOCTRINE

### 1. RESPECT AND COURTESY:

The utmost respect must be given to one's Country, Flag, Parents and Tae Kwon Do Instructor. Courtesy and respect should be extended to all fellow humans and particularly to those of older age. It is mandatory that students be courteous and respectful of each other, particularly those of higher ranking belts.

### 2. MODESTY:

Tae Kwon Do Students are expected to be humble about their accomplishments. Bullies and Braggarts have no place in Tae Kwon Do. One should have a quiet feeling of pride in his achievements but need not feel compelled to advertise this accomplishment.

### 3. SELF-CONTROL:

One should never lose his or her temper. One's skills are seriously diminished if controls over emotions are lost. Moreover, one should never use Tae Kwon Do except in Self Defense.

### 4. PERSERVERANCE:

It is normal to become discouraged occasionally, particularly when pursuing an activity sufficiently challenging to be truly worthwhile. However, one should persevere until mastery is accomplished. Never quit, never give up.

### 5. INDOMITABLE SPIRIT:

This is an expansion of all the other points in the Tae Kwon Do doctrine. A Tae Kwon Do person should use his skills and education to fight injustice. One should strive to overcome personal weakness in all areas of life and be a credit always to himself and his sport.

## SCHOOL RULES

The following rules are numbered for clarity. Each rule is important in itself and all rules should be followed by the students.

1. Always call the instructor "Sabunim" or "Sir".
2. Bow to the flags when **entering** or **leaving** the school.
3. Attend classes regularly. If you must miss class let the instructor know.
4. There will be no joking or fooling around in class. Always be serious and concentrate on what is being taught.
5. No talking to people outside of class, during session. If you are visiting a class **DO NOT** disrupt the class with loud talking or laughing.
6. Practice **ONLY** the techniques which are taught in class.
7. Only spar when you have **permission**. (this is to **prevent** accidents).
8. If you should get hurt, let the instructor know **immediately** - so he may help you.
9. No jewelry is to be worn (in class). If you must wear a wedding ring, Please **TAPE** it. This is for the safety of the students.
10. There will be **NO** shoes, hats, eating or drinking in the DO Jang area. (rug area)
11. You must always wear a clean uniform with the proper patches in the school at all times.
12. Always answer "sir" (loudly) at all times, when being addressed by the instructor.
13. The students should be faithful to the ways of Tae Kwon Do and should respect each other, especially those of higher belts.