Overview

Proper Attire:

1. T-shirt, sweats, or loose pants; make sure they are clean. Students are encouraged to wear uniform or club shirts. Uniforms and equipment can be purchased through the instructor (usually cheaper) or any martial arts store. Uniforms usually range between $20-$25 depending on style.
2. No tank tops, shorts, or bandanas. No large logos on shirts or hats.
3. No jewelry. Remove earrings, necklaces, finger rings, bracelets, etc.
4. No shoes in the training area unless otherwise instructed.
5. Keep nails trimmed and cleaned, especially toe nails.

Workout:

1. Mainly aerobic with some strength training.
   a. Begin with warm-up and dynamic stretching.
   b. Basic warm-up drills.
   c. Work on techniques.
   d. Cool down and stretching
2. If you have any physical concerns that I need to know about, please come talk to me after class.

DoJang (classroom) Rules & Formalities:

1. Always bow when leaving and entering the Dojang (classroom).
2. No eating or drinking in class.
3. No horseplay.
4. No talking during class.
5. If in class or wearing a uniform, always bow to black belts. Includes black belts in other styles. Address them as sir or ma’am.
6. Remove your shoes and place them to the side of the classroom after entering. Do not walk with shoes onto the training area.
7. Line up with highest ranks to the front and right hand side or the classroom facing the instructor.
8. Inform the instructor before class if you need to leave early.
   a. If you are leaving class early and will not be returning, raise your right hand with a closed fist. Once the instructor recognizes you, bow then exit toward the back of the class. Avoid going in front of people as much as possible. Bow at the door before exiting.
   b. If you need to leave class while in session for a break, raise both hands and form a ‘T’. Take a break if you feel faint or uncomfortable at anytime. Once the instructor recognizes you, bow then exit toward the back of the class. Avoid going in front of people as much as possible. Bow at the door before exiting.
9. Coming late to class.
   a. Bow at door upon entering.
   b. Do 20 pushups at entrance.
   c. Proceed to the back of the classroom without walking in front of the class.
   d. Warm-up and stretch on your own.
   e. When ready to join class, stand in the back of the class in attention and raise your right hand. Wait for the instructor to recognize you. Once he/she does, bow in and take the last position available to you while avoiding running in front of others.
10. During drills, if you get lost, watch the ranking belt to get back on track. He/she will be the person at the front, right hand side of the class
11. Give 100%. You don’t have to keep up with the ranking belts, but do as much as you can.
12. Will sometimes split the class into smaller groups according to rank or have higher belts drill on more difficult techniques.
13. If the instructor is absent from class, the ranking belt present that day will teach class. Show him/her the same respect that would show the instructor.
14. No sparring is allowed in class. You can spar in club under the approval and/or supervision of a black belt. Sparring is not allowed until green belt (some exceptions will be made based on prior experience etc.) All students will wear approved protective gear as appropriate.

15. Some of the basic commands (will go over these during class):
   a. Joon be – Ready. (pronounced: choon be)
   b. Cha ryiot – Attention. (pronounced: chahryiot)
   c. Gyung nay – Bow. (pronounced: cyun nay)
   d. Pa quo – Switch. (pronounced: Pa quo)
   e. Sho – Relax or Fix Uniform. (pronounced: che-o)

**Attendance:**

1. Although not written in syllabus, you can make up missed classes by attending club

**Promotions:**

There are 5 colored belts with promotion stripes in between each belt. The colors of the belts vary from school to school, but ours are (not including white) are yellow, green, blue, red, and black.

   1. I will let you know when I believe you are ready to test. However, if you feel I have passed you up, please let me know. Be honest with yourself about promotions. You can always turn down the offer to test if you feel you are not ready.
   2. I will let you know what you will be tested on. Go beyond what is required for you next promotion, in other words, don’t just practice the techniques you will be tested on.
   3. In order to learn everything that is needed to be promoted, you’ll have to attend club several times.
   4. All testing will be done outside of class. Usually in club.
   5. Promotion will not be based on attendance, however, attendance is recommended for practice time and instruction, both of which are essential to promotion.

**Be Approachable & Misc.:**

1. Be sociable. Introduce yourself to one another. (Before or after class)
2. Don’t be intimidated if you see a lot of colored (ranking belts in class). This class is a beginning class and will be tailored to the beginner. You will have to advantage of being toward the back of the class allowing you to watch how the upper belts perform the techniques.
3. Don’t be shy about asking for help.
4. Be grateful when given advice from others.
5. Don’t criticize or belittle others.
6. Ask questions if you don’t understand certain drills or techniques.
7. Bring any concerns or problems to me.

**Getting the Most Out Of Your Training:**

Just showing up to class, and participating in the workouts is enough to pass the class. However, Taekwondo takes a long time, and a lot of practice to achieve any level of proficiency. You will get out of the class what you put into it. Students who work hard, pay attention to instruction, and practice often will improve more rapidly, and enjoy the experience more. And of course, please, ask questions.