



EAGLEVILLE TAE KWON DO ACADEMY

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Louis Giamo
Master Instructor

General Rules For Class

- 1) All Black Belts should be addressed as Mr., Mrs., Dr., or Ms as appropriate.
 - a) Black Belts should be answered with “yes sir” or “yes ma’am” as appropriate.
- 2) When entering the do jang (matted area) students should bow to the flags and any Black Belt present on the floor.
 - a) Only bow once to all the Black Belts on the floor, don’t bow to each one individually.
 - b) When a Black Belt enters the do jang all students should stand, call attention, and bow.
 - c) If there are Black Belts in the office, you should bow to them when entering or leaving the school.
 - d) When leaving the school you should bow to any Black Belts who are just entering, even in the lobby area.
- 3) When coming to class late, students should wait at the edge of the mat until the instructor tells them to enter. This is for everyone’s safety and so that the class is not interrupted.
 - a) Please inform the instructor if you must leave class early before class begins.
- 4) Stand at attention or in the stance you are working from when an instructor is speaking.
 - a) All eyes should be on the instructor when he/she is addressing the class.
 - b) Pay attention to what is said even when the instructor is not addressing you directly.

Uniform Attire

- 1) The uniform (do bok) should be clean at all times.
- 2) Students must have a club patch to test. Failure to do so will result in a “C” for Discipline.
- 3) Only a white crew or v-neck T-shirt should be worn under the uniform. No turtle necks or polo shirts and no colored shirts or shirts with designs that can be seen through the uniform.
 - a) All t-shirts should be tucked into the pants so they do not show below the uniform top.
 - b) No long sleeved shirts should be worn under the uniform.
- 4) The following are safety issues and need to be addressed by everyone. Any of these items may cause injury to yourself or your partner.
 - a) Finger and toenails should be kept short as to not inflict cuts on practice partners.
 - b) Long hair should be tied back and out of the face.
 - c) No rings that are raised (engagement rings, class rings, signet rings, etc.) are to be worn. Wedding rings are acceptable. Toe rings should be removed.
 - d) No earrings, nose rings, or other facial jewelry should be worn in class.
 - e) No watches or hard bracelets or anklets should be worn.
 - f) No necklaces or medallions should be worn.