

Class and Student Courtesy

1. Students and Instructors will bow to the flags each time they enter and/or leave the mat, even if the area is not being used for workout. (The “bow” is the oriental “handshake”, and is used in showing respect for the flags, fellow students, and Instructors.)
2. If a student is unavoidably tardy for class, he should bow at the edge of the mat and wait to be recognized by the Instructor; he may then ask permission to join the class.
3. Students should use the restroom before coming to class. If necessary, it is acceptable during class to ask permission to be excused.
4. Students should respond “Yes/No Sir”, or “Yes/No Ma’am”, as appropriate, in all conversations with Instructors.
5. Students should address Instructors by the last name and proper title (Master, Mr., Mrs. Ms., etc.), regardless of any personal or family relationship.
6. Students are encouraged to participate in class enthusiastically; however, students should avoid unnecessary conversation and should speak only at the proper times.
7. No student, regardless of rank, may instruct or correct another student without the direct and specific permission and supervision of the instructor.
8. A student’s personal appearance in class is a reflection of his pride. Cleanliness of person and uniform is imperative.
9. Students in informal workout sessions may not engage in free sparring without the direct supervision of an instructor.
10. If a student is in the room when the “SongAhm Spirit of Taekwondo” pledge is recited, he should stand at attention and recite the pledge with the group, whether or not he is in uniform or a participant in the group session.
11. Hair should be short or pulled back; no headbands or “sweatbands” are to be worn.
12. There is to be no smoking or use of tobacco products in the school at any time; there should be no smoking, use of tobacco products or consumption of alcohol at any time while in uniform.
13. There will be no use of profanity on the school premises or at any ATA function, class or activity.
14. Permission of the student’s Instructor is required before a student may attend another ATA school or other martial arts school.
15. High-ranking visitors to the class should be greeted with appropriate respect; if class is in session, it should immediately be interrupted for this salutation.
16. Students will turn away from the instructor or opponent when adjusting uniform or belt.
17. Female students **must** wear a white shirt under the uniform. Male students **may not** wear a shirt under the uniform.
18. No jewelry shall be worn with the uniform with the exception of a wedding ring.
19. Students, parents and guests are encouraged to observe, but we ask that you not converse with any person involved in a class session without the permission of the instructor.
20. No student may work on forms or techniques of any rank higher than his own without permission from his instructor.
21. No gum or candy is allowed in class.