

# DERBY SCHOOL OF TAEKWON-DO

## 42 years of Taekwon-Do Excellence

### *Student Code of Practice*

#### *Personal Fitness*

It is important when initially taking up a physical activity you take a responsible attitude to how hard you work out. It is always much better to start off at an easy pace, then build on it as the weeks go by, rather than try to 'keep up' with everyone to start with. If you already participate in sports activities, then you will find that TaeKwon-Do will steadily improve your overall co-ordination, balance and flexibility. If you have any injuries or are have a recent medical history, it is important to visit your GP prior to commencing your training.

#### *Etiquette*

Being new to TaeKwon-Do, there are a few things, which might seem strange to you such as the discipline and etiquette that we display. TaeKwon-Do is a military martial art and therefore has more of a regimental manner to it than other martial arts. To this end there are a few simple rules which students must observe to maintain an orderly and effective training session:

1. Attention/Bow when entering the *Dojang* (training hall)
2. Pay respect to the Instructor prior to commencement of training
3. Pay respects to the Instructor prior to dismissal
4. Always address the Instructors and Black Belts as 'Sir'

As you will see, bowing plays a large part of the etiquette of TaeKwon-Do. The simple act of bowing on entering the *Dojang* is your commitment to conduct yourself in a proper manner during training. Bowing to a partner both before and after practice is a sign of respect. Addressing Black Belts as 'Sir' is a question of mental discipline.

### ***Conduct in the Dojang***

1. When entering or leaving the Dojang, bow.
2. When you see your Instructor, bow at a proper distance.
3. When shaking hands, the other hand is always shown, by resting it under your opposite elbow (in Korean culture this shows that you have come in peace and that you are not hiding weapons behind your back).
4. Always shake hands before and after training with a partner.
5. When giving or receiving anything, always use two hands.
6. Do not eat, drink or smoke in the Dojang
7. Always bow and turn to your right if you need to adjust your belt or Dobok
8. Always bow to the Instructor and thank them for their training at the end of each class.
9. Never laze around the Dojang (in Korean and TaeKwon-Do culture, the sole of the feet should not be shown, therefore sitting cross legged is the acceptable way to sit in class)
10. Always set a good example to others.
11. Be on time!! If for some reason you have been delayed, it is necessary to apologise and seek permission to join the class.

### ***Personal Input***

As well as being a practical self-defence, TaeKwon-Do becomes a hobby to most students. Therefore it is important that students enjoy the lessons. As with most things, the more you put into an activity, the more you will get out. In TaeKwon-Do, this means the more you train the fitter you will become and the more confidence you will have.

If you find it difficult to train twice a week, practising the techniques in-between lessons will keep them fresh in your mind.

### ***Practice Suits***

As you enter the *Dojang* you will notice the other students wearing the white practice suit (*Dobok*). The *Dobok* is the uniform of Taekwon-Do, which is not only extremely practical but, also, helps to make you feel part of the School. The *Dobok's* are ordered through the Instructor and take one to two weeks to arrive.

1. Make sure you remove all jewellery and watches before class.
2. Make sure your *Dobok* is washed and ironed prior to training.
3. Long hair is best tied back for practicality and neatness.
4. Footwear is not allowed in class.

### ***Mental Attitude***

Perhaps even more importantly, putting on the *Dobok* puts you in the correct frame of mind prior to training. A correct mental attitude, which is both positive and receptive, is just as important as the physical technique. If the correct mental attitude is lacking, the physical technique cannot be performed correctly.

### ***System of Rank***

There are six colour belts in Taekwon-Do. In order, these are; White, Yellow, Green, Blue, Red and Black. In addition, there are intermediate stages between each belt. For example, when a white belt passes the first grading, they wear yellow tags on the end of the belt. Upon promotion at the next grading, a full yellow belt would be worn. This system continues up to Black Belt.

At Black Belt, the system is divided up into 'Dans' with the lowest being I Dan and the highest being IX Dan. The Derby School Instructor is currently a VI Dan International Instructor. The overall purpose of the colour belt and Dan grades is twofold. Firstly, it identifies the degree of skill and cultural education in Taekwon-Do that the individual has attained and secondly; it creates incentive whilst simultaneously preserving humility.

### ***Gradings***

When the Instructor feels you are ready, he will recommend you take your first grading. These are held every month and test the student on the physical techniques and the terminology.

### ***Personal Hygiene***

As Taekwon-Do is taught in 'barefoot', it is very important that personal hygiene is considered before each class. Preferably, the student should take a bath or shower before training. At the very least, feet and hands should be washed. Finger nails and toe nails should be trimmed and jewellery removed, to avoid the risk of injury to other class members.

### ***Other***

- 1 Let the President or Secretary know in advance if you will be late or absent at training due to work or class
- 2 Always set a good example to lower ranking students, it is only natural that they will attempt to emulate seniors.
- 3 Always arrive before training is due to start and ensure that you have a good attendance record.