**Protocol During Class**

**PREPARING FOR THE CLASS**

**Before the beginning of a training class, students must take the following into account:**

**A.** Come to class perfectly groomed. To be presented in a hygienic manner, with short fingernails and toenails;

**B.** To train in a clean and ironed official approved Dobok;(suit)

**C.** To treat the Dobok and belt with respect. After class Dobok (suit) should be folded properly;

**D.** Once at the Dojang, (Training hall) students should promptly put on the Dobok before training, the student should always dress in full uniform before the start of a training class;

**E**. No jewellery, watches, or any accessory are allowed during training. As this may cause injury.

**F.** Students (male and/or female) with long hair must wear their hair up during training, with Headbands or non-rigid soft elements;

**G.** Before entering the Dojang, students must bow properly.

No need to say "Taekwon" when facing the flags, banner of the ITF or the picture of General Choi if present;

**H** Students will bow to his/her Master / Instructor.

**I**. Students must line up in their rows promptly according to grade with hands behind their back when asked to do so by their instructor.

**Some more examples:**

1. Juniors must bow before addressing seniors;

2. Juniors must never interrupt a senior whilst speaking;

3. Juniors in presence of seniors, sit only when invited to do so;

4. Juniors never remain seated if a senior is standing;

5, When bowing to a Grandmaster/Master. students should take three steps backwards before turning their back on the Master.

**DURING THE CLASS THE STUDENT SHALL OBSERVE THE FOLLOWING;**

**A.** Students wishing to ask a question should raise their hand and wait for the Instructor/Master`s permission to speak. If students are sitting, they will stand assuming an Attention position, bow and will then ask their question. After being answered, they bow and give thanks before sitting back down.

**; B**. Students in need of leaving the training hall for any reason must raise their hand for permission to leave the class. If they want to return to class, they wait standing in the Attention position (Charyot) in the entrance of the Dojang. (hall)

When they receive the Instructors permission, they bow and take their position in the class.

**C.** Students withdrawing from training must respect their row, moving out of training position, walking behind their line, towards the side of the class as a matter of courtesy to the other students.

A student may never pass through the middle of the class.

**D.** Students should avoid dropping out of the training class. It should happen only in

Extreme cases;

**E.** Students should avoid talking to their colleagues, spectators, parents, and other guests while in the class;

**F...** Nobody can teach other students without permission of the Instructor/Master;