**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 during training.

**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 sharply according to grade with hands behind their back when asked to do so by their instructor.

**Respect.**

When showing respect for their seniors, juniors follow the rules of protocol that give senior’s precedence at all times. Seniors must accept with humility the gestures of respect from their juniors, recognizing that they were once juniors too, and that they were only able to reach their present rank with the help of their own seniors.

Protocol requires that juniors bow to their seniors when they meet. Bowing is always initiated by juniors, and senior’s bow in return. When greeting their senior, juniors must bow, unless the senior indicates that he prefers to shake hands.

**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.

**BOWING**

Taekwon-Do ITF bowing is the traditional way to show respect and discipline in the martial arts. Bowing is not an indication of complete submission to one’s Senior. It is a sign of mutual respect.

A bow can be used for different purposes. For example, it may be a greeting or an

Indication that a junior would like to speak to his senior. A bow can mean “thank you” or “I understand”.

During training, before starting free sparring, step sparring or any type of exercise involving two or more people, those involved bow to each other. When finished, they bow again.

**SAY “TAEKWON”**

It is essential that all individual members of the ITF understand the meaning of “

Taekwon” and when it is appropriate to say it.

 General Choi explained why we say “Taekwon” when we bow, rather than “Taekwon-Do”: (foot and hand) “Taekwon” represents the physical side of our martial art; so, saying “Taekwon” indicates that the person is present physically.

There is no need to pronounce the word “Do” because when he/she is bowing the person’s physical posture and respectful attitude are a visible demonstration of the Do. It is important to say “Taekwon” only when bowing to a living person. Thus, when bowing to his senior, a junior says “Taekwon”. Never say “Taekwon” when bowing to any inanimate objects (the Dojang, the ITF flag, the photograph of our Founder, etc.).

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

**A.** Students wishing to ask a question should raise their hand and waits 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;