



# Wabi Sabi Taekwondo Academy, Rules and Regulations

Wabi Sabi Academy  
Trimdon Village Hall  
Hallgarth Road  
TS29 6JX

## Club Code of Conduct

- Physical Environment
  - Remove jewellery (including piercings) to avoid injury to yourself and others
  - Keep fingernails and toenails short and clean
  - Training is barefoot; feet must be clean and in good condition. Socks may be worn in exceptional circumstances. Ask the instructor before entering with any form of footwear
  - Dobok must be kept clean and in good condition. Folding it and storing it well are part of showing respect for your sport, your club and yourself
  - When outside of the dojang, remove your belt and fold it neatly. Do not let it touch the floor
  - Only wear your dobok in the dojang and at Taekwondo-related events
  
- Etiquette
  - Show respect for the DOJANG
    - Put equipment away
    - Bow when entering and leaving
    - Keep your own equipment tidy
    - No food and drink in the dojang, except water
    - Use polite language
  - Show respect for the INSTRUCTOR
    - When the instructor enters the room, the highest grade should bring the room to attention and give the command to bow
    - Face away when sorting dobok
    - Bow before and after speaking
    - Be on time
    - Listen carefully to instruction
    - If you are late, warm up quietly and wait to be invited to join in
    - Offer to help
    - Inform your instructor of any potential absences
    - Be sure to use the correct terms when addressing President (Kwang-Jang-Nim) and instructors (Sa-Boem-Nim)

- When receiving an award, certificate or similar, the student should stand in front of the President/instructor at attention, bow, take the award courteously (left arm under the right), step backwards, bow again and then return to their proper place
  - Any substitute or guest instructor shall be treated as your regular instructor
  
- Fellow Students
  - Help them
  - Be willing to learn
  - Be respectful of rank
  - Do not be unselfish or try to show off
  - Do not use excessive force - train at the same level as your training partner
  - Respect elders
  - Respect all genders equally
  - Bow to each other at the beginning and end of exercise
  - Line up according to rank
  - Train at the back if you are late or missing uniform
  - In class, the senior grade receives the first attack
  
- Attitude
  - Tell your instructor if you don't understand
  - Follow the club's rules and traditions
  - Make others feel welcome
  - Trust and respect others
  - Commit to repetition, discipline and practice
  - Be resolved and determined
  
- Yourself
  - Seek harmony at home/work/school and in martial arts
  - Learn in each class
  - Listen to your body
  - Warm up and cool down
  - Do not give a demonstration, teach Taekwondo or participate in any activities by other Dojangs/Kwans without permission
  - Read, learn and live by the Five Tenets of Taekwondo

Disciplinary action will be taken if students do not observe the rules at the discretion of the Dojang, such as demotion, suspension or removal from the Dojang. The rules are in place for the safety of yourself and others, and breaking them can have dangerous consequences.

## **Club structure**

- A formal committee comprising of at least four roles - Chair, Secretary, Treasurer and Welfare Officer, elected at an annual AGM
- Chief Instructor ROZ GADD, 5th Dan - master grade
- All instructors are at least 1st Dan
- All instructors have full disclosure checks and professional indemnity insurance
- Health and safety checks and risk assessments are completed in accordance with policy
- All members required to have personal accident insurance
- Member of British Taekwondo Association