



JIN JUNG KWAN MARTIAL ARTS ACADEMY OF CALGARY

Canadian Headquarters for the Korea Hapkido Association of Jin Jung Kwan

RULES OF THE DOJANG

The rules are based on respect, but are also meant to promote discipline and to prevent disruptions during class.

1. Respect and Courtesy are expected at all times.
2. Students must exhibit Discipline and Patience.
3. The Dojang and its equipment are there for the use of members only.
4. Shoes must be removed and never worn on the work-out area (exception: martial arts shoes are permitted).
5. Absolutely no food, drinks, smoking or gum chewing on the Dojang floor.
6. Students should bow to show respect, as well as to show understanding when a question is answered by a higher belt or when instruction is given and to signify trust (by glancing downward while bowing). All students must bow in the following situations:
 - Before entering the Dojang
 - Before leaving the Dojang
 - To Kwan Jang Nim upon meeting
 - To the Instructor when arriving to a class already in progress
 - To all Black Belts upon meeting and/or before engaging in conversation with said member
 - To each other before and after a sparring match
 - To the Instructor if permission is granted to leave the class early
7. All members must get permission before leaving the class early.
8. Students arriving after a class has started must approach and wait to be noticed by the Instructor and invited to join the class, then bow to acknowledge the invitation.
9. Address Kwan Jang Nim upon meeting him and/or before engaging in conversation.
10. Only members participating in the class are to be on the Dojang floor.
11. Anyone not taking part in the class, specifically parents and visitors MUST remain off the floor and not interrupt the Instructor or disrupt the class in ANY way. In the event of an accident or injury, Instructors will provide assistance. Anyone else should not become involved unless specifically requested.
12. Class formally begins and ends with all students lined up, the higher belts positioned in the front and to the right. The highest belt acts as the captain, organizing the other students in lining up and bowing to the Instructor, both at the beginning and the end of class. At the end of class, the student immediately behind directs the class to bow to the captain.
13. Students sitting on the side during breaks or between sparring matches should sit with legs crossed.
14. Absolutely NO chairs are to be put on the mats.
15. Members and visitors must remain quiet during the class time.
16. Address ALL Black Belt members by their appointed titles; "Jo Kyo Nim" (1st Dan), "Kyo Sa Nim" (2nd Dan), "Sa Bu Nim (3rd Dan)
17. Doboks must be kept clean and properly folded.
18. Personal hygiene must always be maintained.
19. Absolutely no profanity in the Dojang.
20. Jewelry is not to be worn during training.
21. Long hair must be tied back during training.