

McHenry's TangSooDo

Classical Korean Martial Arts

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Dojang Rules

Respect is a large part of any martial arts training and should be carried over into other outside activities and at home as well. These rules must be followed in order to achieve more advanced rank in Tang Soo Do or Tae Kwon Do (Korean Karate).

1. When you enter the training area, face the flags and salute. Do the same when you leave.
2. You should also upon entering/leaving the mat (the area where we practice), bow to show respect for the school, instructors, and fellow students.
3. When you see a Master instructor you should bow to them. In the training area, the highest ranking student will bring everyone to attention when a Master enters the dojang and bow in everyone together.
4. When you straighten up your dobak (uniform), turn away from the Instructors.
5. As a courtesy, you should bow to black belt members.
6. If you arrive late, wait to the side at attention until the instructor recognizes you and invites you to join the group. This is very respectful and so you will not cause an interruption.
7. When you leave it is proper to bow out to the instructor and say "kam-sa-hom-ni-da", or "Thank you" in the formal Korean language. (You're welcome is "Chon-man-e-yo" in Korean)
8. You may want to greet instructors with "An-yong-ha-sae-yo" (used for both greeting or leaving).
9. Always answer or speak to Masters and instructors with "Yes/No Sir/Mam".

Class Rules

1. Be polite by listening to others when they are talking (especially the instructor).
2. Be courteous by raising your hand if you have a question or have an answer and wait to be called on.
3. Be ladies and gentlemen by keeping your hands and feet to yourselves and don't engage in horseplay.
4. To get the Master's attention, bow to the Master and say "Sa-Bom Nim". Remain at attention until recognized by the Master. Please, do not interrupt an instructor especially if they are talking.

Commands beginning class Counting

Attention.....	Chari-yut	Turn to Black Belts....	Yu-dan-ja Tora	1) ha-na	6) yo-sot
Turn to flag.....	Kuk-gi tora	Bow.....	Kyung-yet	2) tul	7) il-gop
Salute.....	Kyung-yet	Kneel.....	Ahn-joe	3) set	8) yo-dol
Return.....	Bar-ro	Meditate.....	Muk-yum	4) net	9) ah-hop
Turn to Master...	Sa-bom nim tora	Stand-up.....	E-la-soot	5) ta-sot	10) yol
Bow.....	Kyung-yet	Ready stance.....	Choom-be		

Other Terms:

Master = sa-bom nim Instructor = kyo-sa nim Turn = dora or tora Relax = she-oh End = go-mahn
Senior student member = sun-bay nim Beginning student = cho-bo-ja Colored Belts = yu-gup-ja

Student Creed

1. I will develop myself in a positive manner and avoid anything that would reduce my mental or physical health.
2. I will develop self-discipline in order to bring out the best in myself and in others.
3. I will use the skills I learn in class constructively and defensively to help myself and society and to never be abusive or offensive toward others.

Visit us on the web at <http://www.SungshilKwan.com/TangSooDo>