



Class Outline & “Basics”

Welcome to our Martial Arts Family! We are happy to have you and will do everything we can to make your journey meaningful and FUN! The first two or three days you may experience sore muscles and feel a little awkward when learning new movements. This is absolutely normal! In a short time the soreness will go away and the techniques will come more easily with practice. Stick with it and you will love it!

1. Please check in on the iPad located on the wall when you get into the main dojang (Training Room). It is important to check in before each class to maintain accuracy. This way we have a record of your attendance.
2. We take class barefoot or with approved martial arts footwear. You may put your personal belongings in any of the cubbies in the classroom.
3. Bow one time before walking onto the mat to show discipline and respect.
4. Feel free to stretch out and introduce yourself to other students.
5. It is appropriate to bow as you greet to your fellow students and Instructors.

Basic Class Outline

At the beginning of class, your instructor will say, “Line up!” Immediately stop whatever you are doing and run to your position in line at the back of the classroom. All students should line up side by side, in one straight line facing the flags by rank on the back of the mat. The highest ranking students should be on the left when facing the flags. The lower ranks should be to the right. Those students with the same color belt can distinguish rank first by belt rank, then by age (older is always senior among equal ranks). If there are two people of the same rank (whoever tested on an earlier date is higher rank), and third by age (older is always senior among equal ranks). We chant “Mudo!” as we line up which means Martial Arts in the Korean Language.

Your instructor will spread you out on the *do jang* floor in groups, in lines, or with partners. When the instructor takes his place at the front of the room, the highest ranking student in the class will command, “*Cha ryut!*” (Attention in the Korean Language! –all students snap their feet together and hands at their sides) “*Kuki yeh, Kyung neh!*” (To the flags, Bow! – students and instructor will show their respect to the flag by bowing at the waist with their hands joined in front of their chest. The symbolism of the hand position is this: your left hand represents your body, your right hand represents your mind, when you place your hands flat together in the praying position in front of your chest, it symbolizes you are joining your body and mind together, to be guided by the heart.)

The instructor will turn around to face the class, and the highest ranking student will say, -- students and instructor (or master) show respect to each other by bowing at the waist, hands joined in front of the chest.)

The highest ranking student says, “Raise your hand and repeat after me: and we recite our oath. The other students raise their right hands and repeat the code. The instructor will then begin class.

During class at various times the instructor may say, “Turn around and fix your uniform!” The proper etiquette is to turn to face away from your instructor (and away from the flags) go down on your right knee, and fix your uniform/re-tie your belt.

When the instructor calls for you to stand up, you turn to the front, snap into ready position, and say, “Mudo!”

At the end of class, the instructor will indicate to the highest ranking student to finish class. He will command, “*Cha ryut!*” (All students will snap to attention) “*Kuki yeh, Kyung neh!*” (Students and instructor will bow to the flag)

The instructor will turn around to face class, and the highest ranking student will say, “*Kyobum Nim keh* (or *Sabum Nim keh*), *Kyung neh*” (Students and instructor (or master) bow to each other.)

The senior student then says, “On the count of three, jump up and say, ‘Winning Spirit!’ ...one, two, three: Winning Spirit!” The students follow the directions and class is finished.

All Students will stay in a line and shake the hand of the Master, Instructor’s and Black Belts as they leave the floor.

Parents: You may sit in the main dojang and watch class or in our lobby. If you are in the main dojang we ask that you stand and take part in the bowing in and out of the class.

Our program work best by attending two classes a week. One class on an A Day (Monday or Tuesday) and one class on a B Day (Wednesday or Thursday). If you miss a class, come to a make up class (Friday or Saturday).

Guidelines for Showing Respect

- 1.** Bow as you enter and leave the school building, and when entering and leaving the *do jang* (training room). Bowing is part of our training and is a body language that shows that you respect yourself, others and the school.
- 2.** Another way we show respect and discipline is by saying, “Yes, Sir.” And “No, Ma’am.”
- 3.** Whenever you approach your instructor to address him or her, first bow and then speak politely.
- 4.** If you arrive to class after it has begun, enter the *dojang* and wait on your right knee until the instructor places you in class. Do not leave class without the instructor’s permission.
- 5.** The following are prohibited in the *dojang*: shoes, smoking, eating, drinking, chewing gum, intoxication, bad language, arguing, and horse-play.
- 6.** Always wear a clean uniform to class and NO JEWELRY.
- 7.** Full sparring gear must be worn whenever you spar. Spar only under an instructor’s supervision, with maximum control and NO CONTACT.
- 8.** Senior belts should set a good example by showing respect and helping lower ranking students. Lower belt students should always show respect for their senior ranking students because they have already faced every challenge you are facing now and succeeded.
- 9.** Do not demonstrate or teach martial arts outside of the *dojang* without the expressed permission of your instructor. Never degrade the martial arts or the reputation of the school.