



MARTIAL ARTS INSTITUTE OF AMERICA

1457 Mount Pleasant Rd Unit 101A Chesapeake, VA 23320 (757)546-7365

RULES AND REGULATIONS

1. Whenever entering or leaving the Do-Jang, execute a bow of respect to the National Flags.
2. Execute a bow of courtesy upon meeting an Instructor of Black Belt rank.
3. Remove shoes, hats, and sunglasses upon entering the Do-Jang.
4. Keep your Dobok clean and complete at all times.
5. Remove all jewelry before class.
6. Observe a high degree of personal hygiene. Toe and fingernails should be kept clean and trimmed.
7. Pay strict attention to bowing to the Instructor. Pay attention to your Instructor at all times, answering clearly and replying with "Yes Sir" or "No Sir".
8. Proper respect will be displayed to all persons holding a higher belt rank than yourself.
9. Profanity, loss of temper, horseplay, loud talking or any display or lack of self discipline will not be tolerated.
10. Always be sure to keep the Do-Jang clean. Do not lean against the walls or mirrors.
11. Be on time for classes. If you arrive early for a class, take the opportunity to do warming up exercises and to practice.
12. No free sparring without permission from the Instructor.
13. Students who cannot be present for classes for two weeks or more must notify the Instructor by telephone or in person.
14. Keep your dues paid on time.
15. Tae Kwon Do techniques are not to be applied out of the Do-Jang unless circumstances involving your safety or the safety of others are overriding.