

MADRID TAEKWONDO INSTITUTE

RULES & REGULATIONS

1. Acknowledge and bow to all black belts levels when met.
2. Bow without looking at the individual displaying trust and respect.
3. Upon entering or leaving the training area (Dojang), bow to the flags when displayed or to the instructor in charge of the class.
4. No profanity or loud talking.
5. Students must maintain a proper attitude at all times.
6. Never address others while standing with hands on the hips or arms folded in front. This shows a lack of respect for the other person.
7. Discipline and proper attitude are the main principles in the training of Taekwondo. In violation of such principles, students will be dismissed or suspended.
8. Bad mouthing, negative comments or any actions harming the moral, spirit of members in regards to the Madrid Taekwondo Institute® Instructors of all levels, policies, training methods etc. shall result in dismissal.
9. Students must address Grand Masters, Masters, Instructors or Black Belts as “Master (last name)”, “Sir” or “Ma’am”.
10. All senior rank students (Blue Belt and up) are expected to help junior rank students (White Belt to Blue Stripe).
11. Only learn and practice the materials required for your rank and not beyond.
12. Uniforms (Dobok) must be kept clean, not wrinkled and Madrid Taekwondo Institute® crest must be worn.
13. Uniform must be treated with respect, clean and neat when worn. The uniform is a symbol of Madrid Taekwondo Institute® and the belt represents the student’s rank. The Black Belt bars/degrees must be worn on the left side.
14. Madrid Taekwondo Institute® uniforms (Dobok) are to be worn by members in good standing only for training, competitions or designated demonstrations.
15. When students are attending demonstrations, Madrid Taekwondo Institute® activities or competitions, they must act in a behaviour or manner acceptable to the standards of Madrid Taekwondo Institute®.
16. Approved sparring equipment is mandatory, students must wear full body protection from head to toe for sparring.
17. Additional rules and regulations may be added at any time.

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CLASS PROTOCOL

1. Students must be punctual to attend class and promotion tests.
2. Students must wait to be acknowledged before they may enter the training area (Dojang) when a class is in session.
3. Students must line up with speed, highest rank to the right. Ranking members in the front row and on the right hand end of the lines are responsible for lining up their lines and rows. When students are of the same rank the student who received their rank at the earlier testing would be considered the senior. When students of the same rank have tested at the same time, the older student is considered to be the senior.
4. Be on the floor as quickly as possible. Do not loaf around once on the training floor. There should be no unnecessary noise or talking.
5. In the training area, you must turn around to adjust uniform and tie your belt.
6. You must sit with legs crossed at all times in the training area.
7. Proper discipline is to be kept at all times, such as not moving when in position and maintaining full attention to the instructor in charge.
8. When in a given position, you are not to move unnecessarily. When at ease, you may straighten the uniform and/or belt but are not allowed to walk around, talk, practice techniques, etc.
9. When seeking help before, after class or during break, if the instructor in charge is not available, a higher rank student should be approached. You must bow before and after asking questions.
10. Use Korean terminologies whenever possible. Learn and use them properly.
11. No protective garments or training weights are allowed during basic training, patterns practice or pre-arranged sparring.
12. Permission must be given by the instructor in charge to do free sparring.
13. Free sparring must be done with good techniques, precision and control. Mental, emotional and physical control must be exercised. Consideration must always be given to junior ranks. It should be a learning experience for both participants and talking is to be kept at a minimum.
14. Personal hygiene is essential. Fingernails and toenails must be kept trimmed to avoid injury. Body and uniform should be kept clean of odor or you will be dismissed from class.
15. No jewelry such as rings of any kind, bracelets/anklets, watches, necklaces and long earrings should be worn when training. Religious bracelets that cannot be removed should be taped over. Medical alert jewelry and smart watches are allowed.
16. Do not train if medications have been taken or alcoholic beverages have been consumed prior to class.
17. No gum chewing during training.
18. Get permission from the instructor in charge, prior to the start of class, if you need to leave class early. It is not necessary to receive permission to leave the floor if you are feeling ill.