



When practising Taekwondo, students observe a strict code of discipline which is common to all the Martial Arts.

**Some of the basic principles are as follows:**

- Students should arrive promptly and allow plenty of time to get change and prepare for their class.
- Students should not enter the training hall until their lesson is ready to begin, unless invited to do so by the instructor in charge of the lesson.
- Any student arriving late for a class should wait quietly at the back of the class until they are invited to join in by the instructor.
- Students should always bow when entering and leaving the training hall (dojang). This is done as a mark of respect for the training hall, and an acknowledgement that training is to be kept separate from the 'outside world'. Once in the dojang we should concentrate solely on practising our Martial Arts.
- Before the class begins, the students will come to attention and bow to the instructor.
- When lining up for class, students stand in rows with the most senior grades at the front from right to left.
- An instructor should always be addressed as Sir / Ma'am when addressing them directly.
- When referring to an instructor or senior grade you should always use the polite form Mr, Mrs, Miss.. etc
- At the end of an exercise students should remain in the ready or attention stance until told to relax (sioc), where upon they should always say "Thank You Sir/Ma'am!.
- At the start of any partner drills, the students should always face each other and bow before commencing, and on completion of the drills.

**"The essence of all Martial Arts was founded on a  
union between Mind and Body"**

(Grandmaster Hee Il Cho 9th Degree)