

Etiquette in the training hall, or dojang, ensures a positive, safe, and comfortable environment that is conducive to learning. Taekwondo organizations around the world practice a high level of order and discipline. These guidelines are intended to help students understand the manners and customs for training and developing in the art of taekwondo.

Etiquette

- Bow to the flags and instructors when entering and leaving the dojang, as well as before and after addressing a senior. The bow is the Oriental “handshake”, or greeting to signify mutual respect and appreciation.
- Do not bow to a senior if they are practicing or instructing, unless eye contact is made.
- High-ranking visitors of the class should be greeted with the appropriate respect. If class is in session, all members should immediately stop and bow.
- Shoes are to be removed upon entering the dojang.
- Address instructors and seniors as sir or ma’am, or by proper title of Mr, Miss, or Master.
- Do not correct seniors who are instructing. You may respectfully ask a question or seek the opinion of a higher black belt before or after class.
- When lining up for formal workouts, students should arrange themselves in descending order by belt rank (right to left, front row to back).
- Students who arrive late to class should wait in the back to be recognized, bow in, and then join the class in the back row.
- Keep uniforms clean and in good repair. If uniform needs straightening or adjustment during class, turn away from all black belts and seniors first.
- Do not wear jewelry or accessories that could interfere with training (rings, watches, earrings, etc.)
- While board breaking, the instructor or highest rank black belt in the group will provide instruction. Other students should not offer instruction unless directed to do so. Students should always practice courtesy and respect for fellow students during board breaking by keeping quiet or offering only words of encouragement.
- Students may not engage in sparring without supervision of an instructor and proper gear.
- There will be no use of profanity on the school premises or at any function, class, or activity.
- No food, drink, or gum may be consumed in the dojang. Students may bring water bottles for use during scheduled breaks.

Definition of Taekwondo

Taekwondo literally means “art of hand and foot fighting”. It is a martial art that has equal in either power or technique. Traditional taekwondo was officially established as Korea’s martial art in 1955 as a form of self defense and empty hand combat. It was created through a combination of many different styles of martial arts that existed in Korea and surrounding countries over the last 2000 years.

Tenets of Taekwondo

In Taekwondo there are several principles, or tenets, to which students are to adhere. The tenets of Taekwondo deal with the fundamental elements of etiquette. They should serve as a guide for all students of the art.

- Courtesy
- Integrity
- Perseverance
- Self Control
- Indomitable Spirit

Forms

Forms (or Hyung) are prearranged combinations of movements intended to develop a student's skills and technique. Each form integrates techniques learned in class, such as blocks, strikes, kicks, and stances. Forms practice will also help to develop mental skills, such as balance, coordination, discipline, strategy, and focus. The names and definitions of the forms often refer to elements of Korean history and culture.

US Flag

The national flag of the United States of America consists of thirteen equal horizontal stripes of red alternating with white, with a blue rectangle in the canton (union) bearing fifty small, white, five-pointed stars arranged in nine offset horizontal rows. The 50 stars on the flag represent the 50 states of the United States of America and the 13 stripes represent the thirteen British colonies that declared independence from the Kingdom of Great Britain and became the first states in the Union. The colors of the flag also have significance. Red signifies valor and bravery, white signifies purity and innocence, and blue signifies vigilance, perseverance, and justice.

Korean Flag

The Flag of South Korea, or Taegukgi, is the national flag for the Republic of Korea. It has three parts: a white background, a red and blue Taeguk symbol in the center, and four black trigrams, one on each corner of the flag. The white background is a traditional Korean color representing peace and purity. The circle in the middle represents balance. The four trigrams represent heaven, earth, fire, and water.

Significance of Belt Colors

The belt ranking system represents growth and maturity in the art of taekwondo. Typically the darker belt color, the higher the rank. As the practitioner increases in rank, so does their skill, power, control, and discipline.

White Belt: White signifies a birth, or beginning, of a seed. A white belt student is a beginner searching for knowledge of the art.

Yellow Belt: Yellow signifies the first beams of sunlight which shines upon the seed giving it new strength with the beginning of new life.

Orange Belt: The color of the rising sun. Seeds in the ground begin to germinate and grow. Basic taekwondo techniques begin to be learned.

Green Belt: The color of growing things that all can see. Strength and power begin to be developed.

Blue Belt: The color of the sky which growing things reach for. Strength and power begin to stabilize and become more consistent.

Brown Belt: The color of the ground where growing things are rooted firmly. Control of physical strength and power is being developed.

Red / Black Belt: The red signifies danger, cautioning the student to exercise control and warning the opponent to stay away. Strength, power, and technique have matured.

Black Belt: Black is the combination of all color and signifies maturity and proficiency in taekwondo. It is the final stage where skills and technique begin to be mastered.