

## 606 Karate & Self-Defense

5307 S. Hyde Park Blvd.  
Chicago, IL 60615  
773-490-4882



### Do Jang Etiquette & Guidelines

Do Jang (karate school) etiquette and guidelines exist for the safety and respect of all participants. Self-discipline, proper etiquette, and appropriate behavior are expected at all times.

#### Do Jang Do's & Don'ts

- Do** say "Tang Soo" loudly, when entering or leaving the do jang.
- Do** come dressed or change into your uniform before class starts. Your uniform should be neat and clean, with all patches, and trim.
- Do** show respect to those who are higher rank than you.
- Do** address black belts as "ma'am" or "sir".
- Do** wear shoes to the bathroom.
- Do** your part to keep the do jang neat (put trash in the trash can; clean up your own messes; place bags/shoes in the cubby shelves).

**Don't** wear shoes on the mats.

**Don't** wash your belt—it represents all your hard work!

**Don't** touch light switches, thermostat, or training equipment, or enter Master D.'s office without permission.

**Don't** run into or lean against the windows or mirrors.

#### Student Guidelines

- Pull your attendance card.
- Use the bathroom, get water, and eat your snack before class.
- When stepping on or off the mats, stop at the edge, put your hand over your heart, and bow towards the flags.
- Take class seriously, be respectful, and always give your best effort. How you practice is how you will perform if you ever need to defend yourself.
- The mat is a place of respects. No playing or roughhousing is allowed.
- When asked, line up quickly, by rank. Stay in your spot, maintain proper distance from one another, attempt to maintain straight lines.
- When asked to meditate, sit quietly, cross-legged; eyes closed, hands on knees.
- No talking or distracting others.
- Raise your hand if you have a question.
- If arriving late, ask permission to enter class before stepping onto the mats.
- If you have to step out of class, raise your hand and ask permission. Ask permission before re-entering the class.
- Be patient and offer help to students who are lower rank than you. Treat them how you would want to be treated.
- When resting during class, sit quietly. Listen, watch, and learn from those still training.
- Attend class regularly (at least twice a week) and practice at home if possible.

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- Promotions are a privilege and not a right. They are earned through hard work and regular training, not for just showing up.

### Notes to Parents

- Please be as quiet as possible during classes (silence phones, use headphones, take conversations out to the lobby, keep young children occupied)
- Try not interact with students during class.
- Parents are welcome to enter the mats (without shoes) to take pictures during tests and promotion ceremonies.
- Communicate any questions, concerns, and/or absences to the instructor directly.
- We appreciate your effort to get your child to class on a regular basis.
- We strive to teach your child courage, humility, honesty, endurance, concentration, and respect. Help us cultivate these character traits by reinforcing these behaviors at home.

I, the student (or my child/ward), have read these guidelines and agree to abide by them.

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Student or Parent/Guardian Signature and Date

*revised 07/14/22*