



## Reilly Family Martial Arts, LLC Rules And Etiquette

Besides the physical aspect of Taekwondo and Jiu-jitsu we are learning a lifestyle art, which builds self-control. You must maintain good behavior during class at all times.

The following material is a list of traditions and formal behavior while in the Dojang (School). The following rules and etiquette is meant for the safety of students and instructors. All students, parents and instructors are responsible for reading, understanding, and adhering to all Dojang rules and etiquette. Failure to follow the rules may result in suspension or termination from the Dojang. **All rules and regulations apply to Taekwondo, Brazilian jiu-jitsu and MMA students unless otherwise noted.**

1. Bowing is a Korean form of greeting and courtesy. All students bow towards the flags upon entering and exiting the Dojang's training area.
2. Taekwondo Students will line up according to rank and seniority, the highest-ranking member to the front right as he faces the instructor. Then, the highest-ranking student will give the commands: to face the flags and bow. Then to the instructor and bow. At this time the instructor or senior student will conduct warm-up exercises. (Taekwondo students only). During class, proper respect and discipline must be maintained at all times and Dojang etiquette followed by all members. The chain of command of ranks must be followed at all times.
3. Students late to class shall perform warm-up exercises before joining class. Upon finishing exercises given by the class leader, student will wait for the leader's attention, bow to leader and ask permission to join class before joining class line-up. Students who are late will lineup in the back of the class and only return to their proper lineup place at the end of class. (Taekwondo students only).
4. Should the Master enter the Dojang, the presiding instructor (or highest ranking member), will call the class to attention, have them turn and face the Master, and bow. The Master will return the bow and either have them resume their training or instruct the class on what they are to do next. (Taekwondo Students only)
5. If it should be necessary for a student to leave the Dojang before the class is over, he must get permission from the instructor, unless he received permission prior to the class. They should respectfully bow to the instructor before exiting the training area.

6. Before and after exercises, with the permission of the instructor, the participants should bow, turn 180 degrees to their right, bend their right knee, adjust their uniforms and belts, turn to the left 180 degrees, bow to the instructor or coach. Dignity of uniform is the responsibility of each student. Students should exercise care to keep their uniform clean and pressed at all times.
7. Every participant must practice warm-up exercises before training and loosening-up exercises after training in order to prepare the body and mind. Failure to do these exercises could result in pulled muscles and a lack of concentration on the part of the participant. When training, one must be in proper physical condition and focus his concentration. If practitioner fails to do this, serious injury could result.
8. Students should take care to pay respect to their own bodies and keep themselves clean. Fingernails and toenails must be clipped and kept short to help prevent injuries to oneself and other members. No metal of any sort, except eyeglasses or a wedding ring, should be worn during class. Any tight fitting accessory may cause serious harm and is not permissible during practice. This includes any garments under uniform. No jeans, belts or shoes on training area. Shoes from RFMA may be worn with permission by instructor.
9. While seated on the floor, students should keep proper posture conducive to good health, forearms resting on the thighs, in good posture, cross legged. No student should lean against anything when sitting or standing.
10. If you need to change or use the restroom, please stand at the back of the mats and raise your hand for permission to pass through an ongoing class, to keep yourself and students safe.
11. Instructors should be addressed as Mr. (Mrs., Miss.) followed by his or her last name, or by the appropriate title followed by his or her last name. Example; Masters, 4th Dans or above should be addressed as Master, followed by the last name. High-ranking Masters, director of the school, style, or organization must be addressed by their correct titles such as Grandmaster (Last Name). Masters should NEVER be addressed by their first names by anyone. It is a sign of disrespect to the master and school.
12. Students must attend class times they are registered for. Excused absence is permitted via proper consent by parents and Master. If the student will be missing a class or classes please call or text your school's head instructor/coach. Please inform the Master before taking time off.
13. Students are not to hold any demonstrations, teach Taekwondo, Brazilian Jiu-Jitsu, MMA, or anything learned during class outside the Dojang without the approval of the Master.
14. Never ask to learn advanced techniques or the next poomsae (Pattern). The instructor will teach you what you are qualified to learn at your level. It is disrespectful to ask for additional training when you may not yet have perfected what you are presently working on.
15. Students will not "participate in" or be members of another martial art school, while holding membership at the Dojang, unless approved by the Master.
16. A full uniform is required for advancement of rank.
17. Sparring gear is required for Taekwondo students by the time they test for their green belt.

18. Students are responsible for keeping the Dojang clean. If the floor is dirty, sweep it, if the trash is full, empty it. If the mirror is foggy, wipe it. If you make a mess, clean it up. The training place must always be kept clean. It is a home for those who wish to learn. Members should, without having to be asked, help keep the Dojang clean. All personal belongings should be kept out of the training area. Every student is responsible for his/her own valuables.
19. Students are responsible for learning and maintaining knowledge of Poomsae, kicking sets and current belt abilities. To be black belt is to continue learning while maintaining previous knowledge.
20. Paying your tuition on time is important to your Tae Kwon Do and Jiu-Jitsu training. It is very disrespectful to be reminded to pay your tuition by the Master or Head Instructor. A student cannot have integrity and respect for the Dojang AND be delinquent with tuition payments.
21. There is to be neither profanity nor vulgar language in the Dojang. This applies to the parents, students, instructors and Masters. Any action or remark that falls under this rule is detestable and will be dealt with immediately.
22. Tobacco, alcohol, illegal drugs are **not** permitted on the Dojang's premises.
23. The student should at all times give their Master and instructors their undivided attention. Do not talk when the instructor is teaching.
24. There should be no unnecessary noise. Students must remain silent at all times unless instructed otherwise. Students seated at the sidelines should remain still so as not to disturb those training.
25. The student should always do the best of their ability. Effort is most important to develop good character, good ability, honor and respect.
26. The student must never utter, "Can't, I can't" for any reason. "I am not able to" is permissible only if there is a true physical or mental disability. Making excuses for an unwillingness to try is not a black belt attitude.

The Dojang is a place of learning. It is where individuals come, not only to learn how to defend themselves physically, but mentally as well. It is the goal of the martial arts to help develop the total person. Members of a Dojang are like a family. They help each other learn from their experiences both in and out of the Dojang. Members should be proud to be accepted as part of this family. This pride should be reflected, not only in how they conduct themselves while in the Dojang, but also outside the Dojang in their normal daily activities.

**We must always treat one another with courtesy and respect at all times.**

### **Reilly Family Martial Arts, LLC Ethics And Procedures**

The Dojang is a house of discipline for all. The Master of the Dojang has trained for many years to bring the finest martial arts and discipline to the Dojang. As such, it is important that all students and parents follow certain rules and protocols for the benefit of everyone.

1. Parents are welcome to view their child's' training, in designated seating area. The mats or training area is for students only.
2. Parents, friends, and others will refrain from talking, shouting, coaching or correcting students during class time.
3. Please drop your child off 15 minutes **before** their session and not earlier. Pick them up **on time** as well.
4. Students and Parents should not compare themselves or their child with another student, as all students are unique, and experience martial art benefits in different ways.
5. Parents that are Dojang members or Parents of children attending class are welcome to assist instructors during class by invitation of instructors in charge.
6. Special concerns or questions regarding the parents' child's training or other instructors should be addressed to instructors as soon as possible. Please inform the instructors of student's limitations, injuries, health concerns and special needs before class.
7. Do not use: cell phones, video games, DVD players, I-pads, Easy Bake Ovens, or any other distracting devices with the sound up in the Dojang .
8. Infants and small children who accompany parents are to be with parents **at ALL times**. Please do not allow your child to wander during training sessions. If your child cries, yells or throws a tantrum, please remove them from the Dojang out of respect for students in class.
9. Do not complain or put your child/classmate down to the Instructor. Like wise, do not complain about the Instructor in front of your child or another individual. Discretion is imperative! Any concerns, whether it is related to the Dojang or not, should be consulted in private. If something concerns you about someone's actions in or out of the Dojang, please bring it to the Instructor's attention, or to the individual in question, in private. The Instructor will deal with, and advise the student in a disciplined and professional manner. Gossip and learned helplessness is the last thing we want at this Dojang. Changing I can't, into I can! We will not permit negativity and drama.
11. Workout equipment can be purchased from the Dojang and is subject to the Instructor's approval. This is a base rule given that the Master does not want their student working on or with anything that could cause the student harm. Items used during class can be purchased only if the student is trained to use it.
12. All sparring equipment, competition equipment and uniforms must be purchased from Reilly Family Martial Arts, LLC. Anything branded with Reilly Family Martial Arts, LLC, Brazilian Jiu-Jitsu, their logos or the like must be purchased through Reilly Family Martial Arts, LLC.
13. Equipment not purchased through Reilly Family Martial Arts, LLC, may not be permitted in the training area. This is by Instructor's discretion.
14. Show the Dojang, Masters and instructors respect. Students emulate what they hear and see their parent's doing and saying.

15. Encourage the student to practice and do their best. The Masters and instructors can tell when they do and do not practice. Be involved with the student's class, by watching what they are learning and helping them to practice at home.

## **THE MARTIAL ARTS STUDENT:**

1. Never tires of learning.
  2. Recognizes the instructor 'is not a commodity that the student can buy', and is willing to sacrifice for his art and instructor.
  3. Always sets a good example for the lower ranks.
  4. Is never disrespectful to the instructor.
  5. Is loyal and never criticizes the instructor or teaching methods to anyone.
  6. Practices at home and attempts to utilize techniques taught by instructor.
  7. Remembers that his/her conduct outside the Dojang reflects on the school and the instructor.
  8. Understands the importance of balance between Mind, Body and Spirit.
  9. Is eager to ask questions and accept corrections.
  10. Never breaks a trust.
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