

Master Reilly's Family Martial Arts, LLC

Rules And Etiquette

Welcome to our family. Below you will find rules for all who enter the dojang (Taekwondo school) along with our etiquette, or character and behavior expected. These rules and etiquette are the standard and must be adhered to at all times while in the dojang. (Should match outside character as well) Failure to follow the rules and etiquette may result in suspension or termination without refund. Master Reilly's Family Martial Arts, LLC, logo and programs (K.I.C.K.S., Jr. K.I.C.K.S., Self-defense, Sonic Jiu-jitsu & MMA, and any other personal trademark of MRFMA, past, current and future) are a trademark of Master Reilly's Family Martial Arts, LLC. All rights reserved and the property of Master Reilly's Family Martial Arts, LLC. The list provided is meant for, though does not guarantee, the safety, and care of all who participate. All should be respected. The lessons provided are meant to be a way of life, to be practiced as a process to progress. This is not a hobby or merely a sport. Although the sport and self-defense aspect of Taekwondo is the leading principle and pillar, the benefits of character building, physical and moral improvement are important.

1. Bowing is a Korean form of greeting and courtesy. Everyone must bow towards the flags upon entering and exiting the Dojang's training area. (Mats) Bow when the master/grandmaster enters the class for training, bow when handing/being handed something, and when shaking hands. Always show your respect!
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 must 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.
4. 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.
5. A student should never "fix" their uniform or belt facing the Instructor, Master, or Grandmaster. This is seen as disrespect. Adjusting your clothes before an elder is considered bad manners.
6. 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.

7. 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. Under garments and a t-shirt is permissible under uniform, nothing else. Please be considerate of mobility and modesty. Absolutely nothing revealing. No t-shirt for seminars or competition, Kukkiwon/USATKD Standard. Otherwise, please be mindful and practice respect with attire. T-shirts must be approved and/or t-shirts/undershirts may be purchased at the dojang.
8. While seated on the floor, students should keep proper posture. No student should lean against anything when sitting or standing.
9. 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.
10. 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.
11. Students are not to hold any demonstrations for, or teach anything learned during class outside the Dojang without the approval of the Master.
12. Never ask to learn advanced techniques or the next poomsae (Pattern). The instructor will teach you what you are ready 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.
13. Students will not "participate in" or be members of another martial art school, while holding membership at the Dojang, unless approved by the Master.
14. A full uniform is required for advancement of rank.
15. Sparring gear is required for Taekwondo students by the time they test for their green belt. Must be purchased at the dojang. This pertains to most equipment. We are experts, we can get you better prices and we ask that you trust and support this program.
16. The training area must always be kept clean and empty of any distracting items. 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. 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.
17. 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.

18. Paying your tuition on time is important to your 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.
19. 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.
20. Tobacco, alcohol, illegal drugs are **not** permitted on the Dojang's premises.
21. The student should at all times give their Master and instructors their undivided attention. Do not talk when the instructor is teaching.
22. 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.
23. The student should always do the best of their ability. Effort is most important to develop good character, good ability, honor and respect.
24. 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.

Master Reilly's Family Martial Arts, LLC Ethics And Procedures

Taekwondo continues to be the most effective way to create positive changes in the student: more effective than any other extra-curricular activity or sport today. 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. Others may be invited I join on the mats for participation. This involvement is fully their liability.
2. Parents, friends, and others will refrain from talking, shouting, coaching or correcting students during class time.

3. We are not a day care. So please drop you student off no more than 15 minutes before and pick them up no later than 15 minutes after their class time. Please let the instructor know if there are any necessary accommodations.
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 Master Reilly's Family Martial Arts, LLC. Anything branded with Master Reilly's Family Martial Arts, LLC, their logos for any program, or the like must be purchased through Master Reilly's Family Martial Arts, LLC.
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.

