

# Student Rules and Regulations

## Students MUST...

1. **Understand and implement the Five Tenets of Taekwondo** to the best of their ability:  
Courtesy, Integrity, Perseverance, Self Control, and Indomitable Spirit.
2. **Obey all instructions.** Students must follow and observe all orders given to them by their Instructor or Master as is reasonable. Insubordination will not be tolerated.
3. **Be on-time for class.** Early students should take the opportunity to stretch, warm-up, or practice their techniques. Late students must properly and respectfully request permission to step onto the training floor and join class.
4. **Be in full uniform.** Dobok top, bottom, and belt should be worn for every class. Sparring gear if applicable should be brought to every class.
5. **Execute a bow of respect to the displayed national flag(s)** upon entry to the training hall and after class.
6. **Observe good hygiene.** Students are not to participate in class being visibly unclean or having body odor, unkempt hair, untrimmed fingernails/toenails, etc.
7. **Have a polished and presentable appearance for class.** Students must wear a dobok that is clean and in good condition for training. Uniforms that are dirty or overly small, large, old, or tattered are not to be worn.
8. **Give strict undivided attention** to their class Instructor at all times. In-class chatting is to be minimal. Students should be focused and ignore distractions as much as possible.
9. **Give proper respect** for all individuals of a higher age and rank. This includes bowing, reference to their seniors by "Sir" or "Ma'am", and an overall modest and courteous behavior.
10. **Give their best!** Students must actively participate in all class activities with their best effort and best attitude.
11. **Practice outside of class.** All techniques and forms must be practiced and retained in memory in order for students to progress and advance in skill and rank. Students are expected to practice their learned content properly in some way every day.

**The following is prohibited.**

12. **Violence.** Initiating force is unacceptable. Students should only ever deploy Martial Arts when away from the training hall in order to defend themselves, especially in life-threatening situations.
13. **Disrespect or Ill-mannered Behavior.** Rude and discourteous behavior, inappropriate images/sounds, profanity, insults, bullying, unsportsmanlike conduct, loss of temper, whining, etc.
14. **Disruptions/Interruptions.** Excessive talking, noise, movements, or horseplay which distracts themselves or other students. Any display of a lack of self-discipline is unacceptable.
15. **Exiting the training floor or leaving class without permission.** Students with questions, requests, or comments must raise their hand to be called on.
16. **Eating, drinking, or any other non-class related activity** without Instructor permission.
17. **Wearing shoes on the mats.** Socks are also not to be worn on the training floor without express permission. Some shoes appropriate for Martial Arts training may be approved by the Instructor.
18. **Dangly jewelry or needless accessories** which may impede the training process or cause a hazard to themselves or others during class.
19. **Alterations to the uniform.** The dobok, belt, or sparring gear are not to be customized in any way that is easily visible, pronounced, or impeding to the training or competing process. No color changes, designs, unauthorized patches, accessories, etc. are permitted.
20. **Practicing unauthorized content.** Students are only allowed to learn and practice forms and techniques that are designated for their respective belt rank and lower. Techniques, terminology, and information that is not taught at Warriors Black Belt Academy or is in violation of their teachings are not to be practiced or disseminated.
21. **Unauthorized participants.** Non-member relatives or friends may not participate in class without Instructor approval.
22. **Smoking, gum-chewing, or use of drugs or alcohol** while wearing the dobok or anytime within the dojang.

**Rules that are specific to online classes via Zoom are as follows:**

23. **Device must have a high battery percentage or remain plugged into a power source.** Leaving a meeting prematurely as a result of a device dying will be considered leaving the class without permission.
24. **Provide an environment for online class that is not messy or distracting.** It is important to select an appropriate location for online class.
25. **Sign into the class a few minutes early.** Students that have not yet been admitted to the meeting should remain in place, stretching, warming up, and practicing for class. Students that are more than 10 minutes late for class may not be admitted to avoid interrupting the class. If you beforehand know you will be late or absent, please inform your Instructor.
26. **Face the camera and stay in the camera frame.** Students are only allowed to leave the camera frame with permission from the Instructor.
27. **Play live video** for Zoom meeting. Students may not participate in class if we cannot see them. No side-views or upside-down screens.
28. **Must give real/accurate names** upon entry. Please change names from device-names to student names. No facetious play with the Zoom meeting.
29. **No excess noise or movements.** We can hear tv's playing, music, side-conversations, animals, etc. Online class is best done in a location that is calm and quiet.
30. **No self-muting.** For full participation to be possible, kihaps, counting numbers, questions, etc. need to be heard. Muting is reserved for the Instructor for class control. Students who are talking out of turn or making noise will be muted.
31. **No sharing of screens to Zoom meeting.** Screen-sharing is reserved for the Instructor only.
32. **No more than 1 device logged on per student.** Two or more students may share a device if they're doing class together.
33. **No more than 1 audio device active per room.** When multiple audio outputs (e.g. computer + tv) are connected to the same meeting and are too close to each other, they will cause an audio interference which disrupts the entire class!

PRO-TIPS:

- Students should provide the **best internet connection possible** during their online class. This ensures a smoother and more positive experience. It is recommended to use a computer that has a wired connection to the internet router. This helps to avoid any interference to the connection caused by other devices or going out of range.
- Students should have their Zoom meeting on **Gallery view** or have the Instructor's screen pinned. Students who cannot see the Instructor's screen due to a poor setting will have difficulties following along with class.
- For whatever space that a student or parent opts to use for online class shall be considered their own personal dojang/training floor. They should respect the space, and not wear socks or shoes for class. If no place indoors is suitable, your Instructor may approve you to do class outside.

These rules are meant to keep the students safe, protect the reputation of our school, and provide an enjoyable experience for all.

All students within their ability are fully expected and responsible to abide by these rules and regulations as much as possible and whenever not in a life-or-death situation.

Students who fail to abide by these rules may be subject to verbal warnings, pushups or other exercise-based punishments, stripe-removal, belt-suspension, denial of belt-promotion, or temporary suspension of attendance as deemed necessary.

Excessive warnings or suspensions may result in the termination of student membership without refunds.

Parents or students with any issues or concerns regarding student rules may reach out to an Instructor or Master to see if any exceptions or accommodations are needed.