

GMA TaeKwonDo / HapKiDo / Kung Fu - Rules & Etiquette

When in the classroom (Dojang) the students and parents must follow the rules: These rules will maintain a professional, safe, respectful and peaceful family environment for all members.

- Always show respect to senior ranks and all classmates. if you are having an issue please talk to your instructor.
- Bow when you enter or leave the training areas and building
- Bow to your master instructor, sifu, coach or professor when you enter the training area.
- The uniform must be clean at all times. A dirty uniform is a sign of disrespect. Also keep good hygiene and carry some mints.
- All students and Instructors should wear shoes / slippers when walking outside the building or in the bathroom.
- When tying the uniform, students must face the edge of the mats away from the flags and students.
- All students must check in prior to class.
- If you are late for class kneel by the side of the training area and wait for the permission from the Professor to enter class.
- Bring your own water bottle, you can fill your water bottle at the filtered water machine. You can also purchase water or sport drinks in the vending machine.

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- All students must wear headgear and protective gear in the cage: Head Gear. Groin Cup and Mouth Piece. Chest gear and Shinguards are highly recommended only GMA gear is allowed in class or in the ring.
- Any open wounds must be covered with a bandage or wrap to prevent serious infections. Any skin conditions must be healed to avoid spreading it to others.
- If a student is coughing, sneezing or have signs of fever please stay home until you are not showing symptoms. If you attend class with any symptoms you will be asked to return another day for class. Please call the school if you are going to miss a week of classes. **Call 615-989-7945**
- Keep a respectful posture in the training area. (No slouching or lying down) Please sit or kneel properly.
- Classes begin with a formal bow to the coach / professor, with students lining up in descending grade order.
- Shoes are NOT permitted in the training hall “mated areas” (Dojang). This includes parents and visitors.
- Sneakers must be worn in the weight room areas at all times, sandals or barefoot is not permitted in that area for safety reasons.
- Only GMA equipment, uniforms or gear is permitted in class and on the train mats. You can not wear other uniforms, shirts or training shorts in class. **No tank tops allowed in MMA, Grappling or the gym for sanitary reasons.**

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- Shirts and proper training attire must be worn at all times on the train hall (Dojang) classroom areas. Only Black shirts or white shirts are allowed under your uniform or a GMA Shirt / Rash-guard / compression shirt. (You can purchase, GMA approved uniforms, T-Shirt, sparring gear and other equipment at the GMA front desk)
- You are always welcome to speak with the Grandmaster or any instructor, If you need to speak to an instructor or grandmaster. Please schedule an appointment if you have important matters to address in private, so we can give you our undivided attention. Do NOT lean or sit on the desk, counters or behind the front desks.
- No smoking. No Alcohol (except water or sports drinks) food, or chewing gum are (NOT) allowed in the building. Only water is allowed on the mats.
- Keep your fingernails and toenails short for everyone's safety.
- During training maintain a professional positive attitude with your classmates. We want everyone to feel like family and have a positive experience. So keep all talk not related to training off the mats, your time on the mats should be focused on learning and talking about techniques.
- Do NOT swear, trash talk, belittle or use bad language or bully others in or out of the Dojang. It will NOT be tolerated.
- Trash talking is not productive and at times can get out of control and cause resentment and anger on the mats.
- Discipline on and off the mats will help your training and is the key to growth.

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- Do NOT leave your Dobok (Uniform) or personal items in the classroom / dojang. Please help to keep the building clean and tidy at all times. **We are not responsible for lost items.**
- Students should not indulge in idle chatter in the Dojang. Discipline is the rule in the training hall; this helps students to concentrate on learning.
- Concentrate when training. Do NOT do something that could obstruct the learning by other students or yourself.
- The Dobok (Uniform) should be used only when training or during competitions, never as costume.
- The belt should never touch, fall on, or be placed on the floor.
- Parents should NOT yell into the (classroom) Dojang. It is extremely rude and causes interruptions in class. If a parent has a concern, he/ she can speak with the instructor after class.
- Remember nobody is perfect, and students are all different with different life struggles. A student will be praised or held accountable for their actions based on their belt level and personal progress.
- As a family, we each have different strengths. At times, those strengths are needed to assist raising another student up.
- If a student is having an issue with another student, it is not a parent's place to reprimand another student. Please talk to

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the master instructor to clarify any issues or misunderstandings.

- No Video or Pictures are allowed during regular classes. Video taping and photography is only permitted on testing days or at tournaments.
- No phone calls in the waiting area or Dojang – Please take call outside the building. (Emergency Personal Exempt)
- Please respect all members and parents privacy in the waiting area.
- For safety reasons please monitor your child / children in the waiting area and please keep non member children off the training mats.
- Inappropriate body markings must be covered. (X-Rated)
- Extreme haircuts are not permitted for safety reason. Hair must be placed in a bow to prevent vision obstructions.
- Jewelry must be removed prior to training and any lost or stolen jewelry is a members own responsibility.
- Even though we are all animal lovers there are people that are highly allergic so animals are not permitted in the building.
- School age students should always try their best academically and work hard to maintain top grades.

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- Adult should trust their teachers, stay humble, be kind to others and trust the learning process.
- Treat each other as family and remember if you show respect your will receive respect.
- If you are having a bad day leave it at the front door if you show negativity you can not expect to make friends. Stand up and introduce yourself to others and join in our family activities.
- Martial Arts follows military levels, discipline, principles, etiquette, manners and family unity. TaeKwondo was developed by General Choi and is taught internationally in over 200 countries.
- Student may not attend any tournaments without a GMA instructor or coach. If you would like to be a student coach please ask Grandmaster Spillmann for the training requirements and complete the needed 4 hour course.

Breaking any of the above rules may cause a 60 day suspension or temporary or permanent loss of your current rank. Your tuition payments will still be due.