

# STUDENT RULES AND REGULATIONS

1. All students must have a valid Taekwon-Do Impact licence.
2. Students must wear the official ITF dobok during lessons in a Taekwon-Do Impact registered school. Beginners are allowed to be without a dobok during a trial period.
3. Students must observe the following safety guidelines and any other safety rules given by the instructor.
  - a) During free sparring no intentional contact should be made, no kicks below the belt, no sweeping, grabbing or pushing.
  - b) Free sparring must be practised using the appropriate safety equipment. Hand and foot pads, and a groin guard for males. Other safety equipment is optional e.g. shin pads, head guards, mouth guard.
  - c) Toenails must be kept short, especially for those practising free sparring.
  - d) If you are on medication or suffer from injury or illness you must inform the instructor.
  - e) Do not behave in a way that endangers other members of the class.
  - f) Students under the age of 16 may not practise power test on rigid objects such as breaker boards, wood, tiles or bricks.
  - g) Do not wear jewellery or watches during training.
  - h) Food and beverages are not allowed in the training hall, except water which may be taken to prevent dehydration. (Diabetics are the exception to this rule).
4. Students must observe the Taekwon-Do etiquette:
  - a) Bow before entering or leaving the training hall.
  - b) Bow to the instructor as he/she enters the training hall.
  - c) Bow as you approach the instructor. When walking away do not immediately turn your back on the instructor, bow and take at least two steps back before turning away.

- d) Address the instructor in the appropriate manner i.e. Sir/Miss.
- e) If you arrive late, wait at the side of the hall where you can be seen by the instructor and wait to be called in to join the class. Apologize for being late as this often interrupts the lesson.
- f) When tying your belt or adjusting your dobok turn away from your instructor and seniors.
- g) When receiving certificates, licences, awards etc. from your instructor, receive with both hands.
- h) Always set a good example for lower ranking students.
- i) Never be disrespectful to the instructor or seniors.

5. The instructor has the right to refuse admission for the following reasons:

- a) the student is considered to be disruptive to the class
- b) the student has not paid the full training fee.
- c) The student is in breach of the student rules.