

# **Basic Tang Soo Do Etiquette**

**The following information should be studied carefully and instituted to allow each Tang Soo Do practitioner to show proper respect and discipline.**

1. Students should make an effort to arrive early for class. This will allow sufficient time to stretch out and prepare for class. Furthermore, consistent tardiness shows a lack of attention and discipline.
2. Upon arrival at the Do Jang the students **must** acknowledge and bow to the Senior Instructor in charge.
3. Proper respect should be displayed by the mutual bowing between students as they arrive for training. The "greeting" should be initiated by the junior member and acknowledged by the senior member.
4. To bow properly, come to a complete stop and face the person. Stand erect, shoulders back, with arms at your sides. Slowly bow from the waist to approximately a 45° angle, return to an erect posture, and continue through the Do Jang.
5. Practitioners must remove their shoes prior to entering the Do Jang or any office area of an Instructor.
6. Entrance into an Instructors office should only be done upon permission of the Instructor. The student should remain standing at attention, unless the Instructor gives permission to be seated.
7. All students entering the Do Jang must come to attention, salute the flags, and bow. Upon exiting the Do Jang, the student should bow, and then salute the flags. This shows proper respect, loyalty, and patriotism.
8. Students should be sure to pull their attendance cards each class in order to assist the senior members to keep proper records of your class attendance.
9. When the class is ordered to line up, each student must quickly find the correct position in class according to their rank and seniority. Attention to seniority must be properly displayed during all training procedures.<sup>3</sup>
10. The first student to notice the arrival of the Head Instructor or of a Sa Bum Nim into the Do Jang; must immediately call the class to attention. The senior student must then issue the commands to the class to bow to the Instructor or Sa Bum Nim.
11. The senior student will call the class commands as directed by the Head Instructor. The formality and correctness to the beginning and ending of class must not be taken lightly. The proper "attention" position should be demonstrated by all trainees. Saluting the flags should be done with pride. All students should remain standing until the Head Instructors, and any Sa Bum Nims are seated, at which point they should sit swiftly into proper meditation position. Students should remain seated until the Head Instructor and all Sa Bum Nims have stood up.
12. When a student is in a class line, they must ask permission before leaving line for any reason. To leave line, the student must first bow, then step back out of the position- never step forward, and never walk through a formed line of other students. The student must also ask permission to rejoin class before stepping back into line.
13. If a student arrives after class has begun, they first must meditate and stretch out. They are then required to ask the Head Instructor's permission before finally joining class.
14. All Dan members (Black Belts) should be addressed as "Sir" or "Mamm." Also, Mr., Mrs., or Miss should be used in reference to any Dan member's name. NEVER ADDRESS A DAN MEMBER BY THEIR FIRST NAME!!!
15. It is proper respect to address a Senior member or Instructor as "Kyo Sa Nim" or "Sa Bum Nim" if they have tested for and rightfully earned these titles.

Do not address a Kyo Sa Nim or Sa Bum Nim as Mr. or Mrs. / Ms.

16. Students with questions should first ask their senior to obtain answers. If they need further assistance, they should gain permission prior to approaching the Senior Instructor. The chain of command in training is important, and must be recognized.

17. It is a privilege to have the opportunity to train and students must show respect and appreciation for the Do Jang. Students should work together and share the responsibility of cleaning the carpet, mirrors, and training equipment. Students should never eat or drink in the Do Jang.

18. Students should at all times attempt to maintain good discipline in posture. When speaking with a senior or instructor, students should stand at attention, back straight, hands at your sides, and feet together. At all times, an attention stance should be held while in class - whether you are standing or sitting. When sitting in class, students must sit with their back straight, legs crossed, and hands resting on their knees -NEVER LOUNGE!!

19. Students must show respect for their Do Bok. Your uniform should be clean and wrinkle-free at all times. Before and after training, uniforms should be folded properly and neatly. If a student is unsure of the correct method of folding their uniform, they should seek instruction from a senior belt.

20. A Do Bok should never be worn in public, unless for a special event if permissions is given to do so. It is permissible when traveling from classes or demonstrations to wear your Do Bok pants with a sweatshirt or T -shirt. Never walk around within the Do Jang with your Do Bok hanging loose or your belt untied. This shows extreme lack of respect for yourself and your training area.

21. Appreciate your opportunity to train, show respect, pay attention, and answer properly with spirit at all times!!