

# TSA Club Rules and Guidelines



*We ask that there is a commitment to learn and follow the club rules that are unique for martial arts and to show courtesy, self-discipline and respect in your daily life.*

**As a member of a TSA Taekwondo Club, you are encouraged to learn and follow these guidelines:**

- All Students must complete the relevant forms prior to commencing their second class.
- Students should be members of the Taekwondo Sports Association (TSA) within the first 2 weeks of training.
- Each student must have a TSA uniform (dobok) prior to grading.
- Please remember to bow when entering or leaving the training hall (dojang).
- It is important to be on time to participate in the formal ceremony, but if you are unavoidably late, please wait until the instructor signals permission for you to join the class.
- When speaking with an instructor/senior please use “Sir” or “Ma’am.”
- Please be compassionate to those who are less experienced or new to training.
- Students must never lose their temper in the training hall, and misuse of the art will result in disciplinary action.
- Please never argue about technique or attempt to correct or instruct your partner if you are not asked to do so.
- Keep talking during class to a minimum.
- Please do not climb on furniture or run around in such a way that it may cause injury to others.
- No smoking, eating or chewing gum is permitted in the Dojang.
- Please keep your uniform (dobok) clean and odour-free. No jewellery of any kind, watches or other ornaments should be worn during training. For safety, fingernails and toenails must be kept short and hair should be tied back.
- It is important to inform the instructor before class if you have an injury. If you are injured during class, notify the instructor immediately. Please never leave class without the instructor’s permission.
- Regular attendance and practice is encouraged for all students, regardless of rank and is mandatory for promotion to the next belt.
- The instructor reserves the right to request the parent/guardian of a junior member remains in the training room for the duration of the session. E.g. if the Member suffers from asthma/epilepsy.

**Enjoy yourself and put maximum effort into your training.**

**Only then will you achieve your Black belt.**