

# Martial Arts Protocol and Etiquette

## Before Class

- ❖ Arrive to class a minimum of 10 minutes if you can. If you are late, enter quietly, take 3 minutes to stretch, and then wait for the instructor to grant you permission to join the class.
- ❖ Make it to class regularly. If you are injured, the instructor may be able to give you other workout activities so that you may still participate.
- ❖ Always bow to the flags each time you enter and leave the training floor – this shows respect to your school. It also serves as a reminder that when you enter the training room, you should be focused on the Martial Arts.
- ❖ Always bow to any and all black belts when you see them for the first time each day.
- ❖ For the safety of yourself and your teammates, please do not wear jewelry to class. Plain wedding bands may be allowed according to the instructor's discretion.

## During Class

- ❖ Class begins when the instructor asks the students to line up. Students will line up according to rank. The highest-ranking student will take the farthest right position in the first line. The remaining students will line up to his/her left in descending rank. The person on the farthest right will begin the class.
- ❖ Classes begin and end with the same format.
- ❖ When lining up, students will stand in "charyet" (attention) position. Stand with good posture and look straight ahead. At this time, no conversation will be allowed.
- ❖ The class will begin with Basic Movements and exercises. After the exercise portion is completed, practice will begin on the curriculum set for the day. Classes may focus on forms, one and two-step sparring, kick drills, self-defense, or any combination of these. Give each exercise and drill 100% effort. Don't cheat yourself and HAVE FUN!!
- ❖ The four most common corrections:
  1. Always have a good technical stance with correct posture
  2. Always keep your head up and your eyes on the target
  3. Every time you punch, check your posture as well as the position of your hand
  4. Every time you kick, be sure to pivot properly, chamber your leg, kick, re-chamber, and let it put it down.

## Conduct Towards Others

- ❖ Always meet and greet your fellow teammates with a smile and by name
- ❖ Always conduct yourself with the highest levels of courtesy, integrity, and self-control
- ❖ Always pay attention in class. It is considered impolite to talk to another student when the instructor or a teammate is talking.
- ❖ Refer to adults and instructors as "Mr./Ms.-----". Refer to the Master instructor as "Master-----" while inside the dojang.
- ❖ Whenever an instructor or another teammate assists you during class, be sure to thank them.
- ❖ If you are asked to come to the front of a class to help demonstrate a technique or to receive something from an instructor, bow to the instructor when you get to the front of the class and again when you are finished.
- ❖ When you are training with a partner, always show them respect. Bow when necessary, help them up if they fall, and treat them as you would like to be treated.

## Promotional Belt Etiquette

- ❖ As you move up through the ranks you will be tested on your abilities. Tests are administered through the Testing Committee and done outside of the regular class schedule. There are two kinds of tests: Kup (colored belt) Promotional Tests and Dan (Black Belt) Promotional Tests. Both tests follow the same protocol.
- ❖ All students and family members or friends should attend every Promotional Test. Students who are not testing and are not Black Belts should attend in street clothes to support their teammates. All

Black Belts will assist in testing. If you are a student watching the test, you are not required to bow in with the candidates.

- ❖ If you have multiple uniforms, please wear the highest quality one. It should be clean and pressed. Arrive to the test at least 15 minutes before your scheduled time. No formal warm-up will be conducted. It is up to you to warm-up and practice on your own. All candidates should have all required pieces of equipment on and in good condition. If your equipment is not available, you may have to purchase another before you will be allowed to test. The Junior Black Belts will be available to assist the candidates if needed.
- ❖ When testing begins, all students are to line up and bow in just as they would for class time. The Testing Committee may give a few words to the audience before testing commences. After the Committee's speech, all candidates will be asked to sit down in the back of the room.
- ❖ When your name is called, stand up quickly and respond loudly to the Committee. They will show you where to stand for your test. When you are in your spot, stand in "charyet" (attention) position until you are told to bow in. When asked a question, make sure that you respond politely and appropriately. When you're finished, the Committee will bow you out where you are to quickly and quietly go to the side for your vocabulary test. When you are finished, you may return to your seat at the back of the room with your teammates.
- ❖ While you are in the back of the room, you are to conduct yourself with highest levels of courtesy and respect for your teammates. When others are testing, you should remain still and quiet. Misconduct during a testing may result in immediate dismissal from the test, a reprimand from the Instructor, and/or a belt suspension.
- ❖ One comment we sometimes hear is, "My child isn't ready to take the test." Consider for a moment how exams are scheduled in school. The math teacher doesn't administer the exam when the students are ready. He would say instead that the exam will be given a week from Friday. Ready or not, each student will take the exam on the given day.
- ❖ This is a Black Belt school. This means that it is our goal to help each student achieve a Black Belt. From our years of experience, we know that the best way to assist a student to Black Belt is to build up a series of successful belt promotions. It doesn't help to be too critical at the Yellow or even Green belt level. We know this system is working because the quality of our Black Belt candidates has improved steadily over the years.
- ❖ The information that we receive by watching the exams helps us to determine which areas need the most attention. When a student does well or poorly, we take that information back to the teaching staff. Upcoming plans are written accordingly.
- ❖ Finally, just remember that it is the lesson, and not the exams, that inspire the student to learn and progress.

## **Conduct Towards Other Martial Arts Schools and Students**

- ❖ You are a representative of Pak's Karate Academy; all of its students, history, philosophies, and its instructors are seen through you. When speaking with other Martial Artists from other schools and styles, always treat them with the same respect that you would give to a teammate.
- ❖ On a regular basis, there will be guest speakers and demonstrators. Guests are to be treated with the highest levels of courtesy and respect. Be sure to go out of your way to make them feel welcome.
- ❖ *Please check with your instructor before you visit another school.* They may be able to offer you some tips about the etiquette of their style. When visiting another school, be sure to bow when you enter and leave, show the instructor and all students proper courtesy and respect, and conduct yourself with the highest levels of integrity.
- ❖ You will find that true Martial Artists love to talk with one another and share experiences and ideas. Pak's Karate Academy encourages you to expand your horizons through conversation with other Martial Arts students.
- ❖ In the unlikely event that you encounter an unfavorable situation with another Martial Artist in another school or on the street, continue to conduct yourself with courtesy and integrity. Please inform your instructor of the situation. You should **NEVER** challenge or accept a challenge from another person. Any conduct unbecoming of a Pak's Karate Academy student will result in belt suspension and/or dismissal.