

# U.S. Martial Arts Center

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## Rules and Regulations

1. All Students when entering the dojang (taekwondo school) are required to salute the flags and bow to the Grandmaster, Master, Instructors and fellow students.
2. Students shall at all times show respect to the Grandmaster, Master, Instructors and fellow students. Any type of verbal or physical harassment will not be tolerated and must be reported immediately to Master or Instructor.
3. If students arrive late for class, wait at the designated area and wait for permission from the staff to join class. Never leave class without permission.
4. Always address a person of higher rank as "sir" or "ma'am." End every sentence with the word "sir" or "ma'am."
5. Always be as courteous as possible and obey your Instructor.
6. Advance students shall help guide the lower belts by exemplifying proper behavior and encouraging the lower belts to do the same.
7. No horseplay, roughhousing or unsupervised sparring.
8. Sparring will be done only with supervision of Master or Instructor and will be controlled at all times. Safety/ sparring gear is required during class hours and no full contact or full contact to the head is allowed during regular class hours.
9. No non-approved or unsupervised use of equipment will be tolerated and safety procedures will be followed at all times during class hours.
10. No unnecessary noise, laughter or talking.
11. Non-members will not be permitted on the training floor during class hours and all guests will follow safety guidelines and adhere to the rules and regulations.
12. Disrespect of any kind will not be tolerated. No arguing or bad language.
13. Students will present themselves in a neat and clean manner at all times, inside and outside the dojang.
14. Students will keep their minds and bodies clean. Illegal drugs and smoking is prohibited.
15. Student doboks (uniform) will be kept neat and clean at all times. Only uniforms approved by the USMAC will be worn in the dojang.
16. No eating, drinking, smoking or gum chewing will be allowed inside the dojang.
17. No shoes or socks will be allowed on the dojang floor.
18. No jewelry will be allowed while training.
19. No hats will be worn inside the dojang.
20. Cell Phones, cameras and other electronics are prohibited during class hours.
21. Do not demonstrate or teach taekwondo outside of the dojang without the permission from the Grandmaster or Master. Never degrade taekwondo, the reputation of your school or any member or instructor.
22. Students must have the permission of the Grandmaster or Master to participate in any competition or martial arts activity.
23. All students that are 18 or older are not allowed to fraternize with any students 17 years and under without the prior permission of that student's parent/legal guardian outside of dojang and/or USMAC event.
24. Students are to keep the dojang neat and clean by putting away equipment, keeping personal items organized and cleaning up after class.
25. Students will not misuse the training received in an illegal, unethical or inappropriate manner.
26. Any concerns, questions, safety issues or injuries should immediately be reported to USMAC Instructor or staff member.

Anyone who does not follow the rules and regulation will be reduced in rank, may not graduate to new rank, suspended from participation and can be expelled without refund.

We learn martial arts to better ourselves and build a stronger community.

**Rules and regulations are to be followed by all students, staff and guests of the USMAC**