

PROPER BEHAVIOR IN THE DO JANG

1. The *Do Jang* is a place of learning both on a physical and spiritual level. Your behavior while here should compare to your behavior in a church or library.
2. Enter the gym. Face the senior belt in the room and bow. Remove your shoes and proceed to the dressing room to change. Keep in mind that the people in the main gym are concentrating on improving themselves physically and mentally. Talking, horseplay, and loud noises from the dressing room distracts from the purpose of the *Do Jang*. So show consideration for those who are attempting to learn.
3. When entering the main gym, follow the set procedure. Step through the door and stand at attention. Face the flag and salute. Face the senior member in the room and bow. This may be any color belt who outranks you. Then move to the side of the gym opposite the mirrors. Face the mirrors and fold your legs under you, sitting on the ankles. Keep your back straight and place your hands on your thighs. Bow your head and close your eyes. Spend 60 seconds in this position. Think of how your purpose here is to improve yourself physically and mentally, and remove all other thoughts from your mind. Then rise and get your blue card.
4. If you arrive late for a class, stand at attention in the doorway until the instructor gives you permission to enter. Then follow the procedure under item number three.
5. No student should practice on his own in the main gym while a class is being held. This tends to distract from the attention and concentration of the class and is detrimental to the purpose of the *Do Jang* and the individual.
6. When the instructor tells the students to line up for the forthcoming class, each student should bow and run into position. The lines should be straight with an equal number of people in each line. Blue cards should be handed to the instructor, followed by a bow. Behavior during class should be governed by concentration and respect. Horseplay, joking, and inattention are detrimental to the purpose of the *Do Jang* and the individual.
7. To address an instructor, the student should bow and call him by his title. Third dan and higher - *Sah Buh Nim*. First and second dans - *Kyo Sah Nim*. After the question is answered the student should bow and resume training.
8. The lobby is also a part of the gym. There should be no horseplay, loud talking, or noise in this area. Not only does it distract from the class, but it gives visitors and potential students a bad impression of our school. Behavior should also be controlled on the sidewalk: in front of our school. The noise carries inside the school and is distracting for classes as well as the office. People driving by judge us by your behavior so be sure you give the right impression.
9. Remember that our purpose is respect. Everyone should respect themselves and all other members. Junior belts should follow the dictates of senior belts. Senior belts should dictate only what is in the best interest of the junior.
10. If you have any questions about the rules of the *Do Jang*, please feel free to ask your instructor or our senior members.