

POLICY

We want to build a friendly, safe, and enjoyable environment where everyone feels welcome. Our instructors, parents, and students from the foundation of Grant's Taekwondo and everyone is treated as a family.

Our behaviour and actions are always on show, and subconsciously, we are unaware of who is watching. Children mimic people's reactions. To ensure Grant's Taekwondo keeps this friendly and professional environment, we have implemented the following policy that all students will need to follow.



Student behaviour

Students need to practice simple etiquette that enhances the atmosphere in the 'Dojang' (training hall). This is displayed by a show of respect to fellow students and people in general. These consist of:

- Show respect to others.
- Respect your instructor and higher ranked students.
- Respect the dojang.
- Respect your opponent.
- Enter/ Exit the dojang properly (by bowing before and after class at the entry door)
- Bow to higher ranked students, and instructors.
- Clean hands, feet, short nails.
- Always wear a clean white Dobok (uniform).
- Don't wear sharp accessories - Rings, Earrings, etc.



Upon entering the Dojang

- Students to wear Dobok or comfortable clothes and must bow to the Head instructor on the floor as soon as they enter the dojang. This will be done without exception.
- Students do not have to wait for the instructor to acknowledge the bow if the Head instructor is busy. Once the student bows to the head instructor, the student will then bow to the next senior instructor and black belts.



Starting class

- Students will line up according to rank and seniority. The highest-ranking member present will be on the right.
- The Head and senior instructor will take a position in front of the class.
- The highest-ranking member in the class will call the commands: 1- Turn to bow to the head instructor.
- During class: Proper respect and discipline shall be maintained at all times and the Taekwondo ritual should be followed in a uniform manner.



Late for classes

- When a student comes to class late s/he should wait until s/he is recognised by the instructor, then approach him or her, bow, and get permission to join the class.
- When a student must leave the dojang during training, s/he should first receive permission from the instructor.



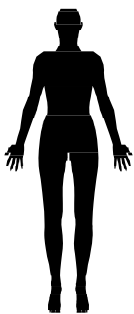
Dismissing class

- Students should line up by seniority and rank, the highest to the right.
- The instructor should be center upfront.
- The highest-ranking member will call commands: Turn to straighten Doboks (uniform) , then turn to bow to the instructor/s.



Sitting and listening

- While seated on the floor, students should keep a proper posture conducive to health.
- Hands should be placed on the knees, the back should be straight, and the legs should be crossed in front with the feet tucked beneath the thighs.



Standing and listening

- The student should stand and listen. Hands should be by their side or crossed behind their back.



Presentation and Hygiene

Dobok: students should exercise care to keep their doboks clean and ironed at all times. It is important to give a good impression of our art and school, and a neat appearance is important in this respect.

- A high degree of cleanliness should also be maintained among students. Students should take care to pay respect to their bodies and keep themselves clean.
- Fingernails and toenails need to be clipped and kept short to prevent injury to yourself and others.
- Ensure that water is always brought to class as well as a towel.



Warming up

Warming up exercises will be conducted in class but also should be practiced by students prior to training to prepare the body and mind. An unprepared body could be strained under the rigorous Taekwondo exercises and cause injuries. Our warming up exercises are gentle and will cater to students who have never stretched before. While they might feel strange and sore at first, your body will adjust over time to repetition. Try your best but work at your own pace.



Practice at home

Practicing basic actions promote improvement in skill, one must learn the basic actions and practice them constantly, as it deepens your understanding and increases familiarity with the technique. Through forms and basic actions, speed and power will come, increasing accuracy in techniques. Learn them properly and apply them in your free- fighting.



Feedback

As a new club, we welcome any positive feedback and suggestions and are always striving in making our classes fun and enjoyable. If you have any questions, please see the head or senior instructors.

We thank you for your support in abiding by our policy.