



당수도

BKMAS General Rules

- Students must arrive at least 10 to 15 mins before the class is scheduled to start
- Students must pay the proper respects to higher belt holders (Cho Dan Bo and above)
- Always bow when entering or leaving the dojang
- Avoid taking part in loud or controversial activities in the dojang.
- Students should remain silent, especially during forms and free sparring
- Warm up and stretch prior to the start of class
- The wearing of rings (with the exception of wedding rings), watches and all other jewellery is prohibited in class
- Always wear a clean, pressed do bohk, annotated, only with the correct insignia and trim
- Shoes may only be worn if you have a medical/parental note stating a medical condition
- Students are to bring their own refreshment to classes
- Use only non-carbonated drinks for refreshment during training
- During training, students should observe proper protocol and orderliness
- Students should use Korean terminology where-ever possible
- Students will not adjust their uniforms while training unless told to do so by the instructor
- All students will take part in the cleaning of the dojang at the end of every class
- A latecomer must ask one of the instructors for permission to join the class
- Finger and toe-nails must be kept trimmed and clean
- Students should notify the instructor in advance of any absence if possible
- Students should notify the instructor of any medical conditions before the start of class