

# **TOLEDO ATA MARTIAL ARTS**

## **SCHOOL RULES**



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Prepared for:  
The students, family, and friends  
of Toledo ATA Martial Arts

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# ATA TAEKWONDO SCHOOL RULES

## **Before Leaving Home:**

- Please come to class with a clean uniform and a clean body, as a courtesy to your instructor and fellow students.
- Make sure you bring all your required safety equipment to every class; students who do not have all their safety gear will not be allowed to participate in sparring.
- Make sure that all patches and stripes are placed correctly and sewn securely onto your uniform. Check the [website](#) or ask one of the staff members if you are not sure where a patch or stripe is supposed to be placed.
- Please keep your toenails and fingernails trimmed to ensure safety when working with partners.
- We ask that all female students wear a white undershirt with their uniform.

## **Before Class:**

- Please remove shoes and socks before entering the training area.
- Please go to the bathroom and get a drink of water if necessary so that you don't have to interrupt class later.
- Please spit out any gum or candy before class. These items are not allowed during class.
- Please remove all jewelry before class (the only exceptions to this rule are medical bracelets and wedding rings with the stone turned towards the palm.)
- Please pull back and secure long hair.
- Please double check your belt to make sure it is not twisted and that both sides of your belt hang evenly.
- Children are not to go outside the building without their parents.
- Please do not run around or talk loudly when you are in the spectator area (the area around the practice floor) before or after class. This applies even if there is not a class going on.

*\*Note to the parents and family of our younger students:*

We thank you for your support in helping to enforce these rules with your child/children both in class and at home.

## **Classroom Rules:**

- Bow towards the flags each time you enter or exit the practice area in order to show respect for your instructor and fellow students.
- Your instructors and all black belts should be addressed by their appropriate title and last name (for example, “Mr. Lindsey”, “Mrs. Lindsey”, etc.)
- Answer all questions with “Yes, Sir/Ma’am” or “No, Sir/Ma’am.”
- If you are on the practice floor when another class is bowing in or out, you must bow and recite the [Songahm Spirit of Taekwondo](#) with them, even if you are not in uniform.
- If you have a question or comment during class, raise your hand and wait politely until your instructor calls on you.
- No student is allowed to spar without instructor permission and supervision.
- Always turn away from the flag and your instructors if you need to adjust your uniform or belt.
- No student, regardless of rank, may instruct or correct another student without permission from the supervising instructor.
- There will be no use of profanity on the school premises at any time.
- Students, parents, and guests will not converse with any person involved in a class session without permission from the instructor.
- Do not enter or leave class without permission from your instructor.
- If you are late for class, you must first ask permission before joining the other students on the floor.
  - (Stand at the edge of the practice floor with your hand raised until the instructor addresses you, and then say, “Permission to join class, Sir.”)
- If you need to leave early, you must ask permission to be dismissed before you leave class.
  - (Raise your hand and wait until your instructor addresses you, and then say, “Permission to be dismissed, Sir.”)

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## **Outside of Class:**

- Always ask permission from your parents before practicing Taekwondo at home.
- Never use Taekwondo against anyone outside of class unless they are trying to hurt you.
- Please avoid placing your belt on the floor or ground. The belt that you've earned is a symbol of the work that you've put into
- Permission from a student's instructor is required before a student may attend another ATA school or martial arts function.
- Please spend time to take proper care of your [uniform](#) and [safety gear](#).

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