



Calderdale Family Karate teaches the traditional martial art of Tang Soo Do. In common with other traditional martial arts we aim to develop character, discipline, and respect. Correct etiquette is therefore fundamental to our club values. The following rules therefore apply to anyone choosing to train with our club:

1. Members should aim to arrive at the dojang (training hall) around five minutes prior to the start of each lesson.
2. Students must be well presented for lessons. The dobok (karate suit) should be clean, smart and in good repair. Students may wear a plain white top underneath their jacket provided it does not have any buttons, collar, zips or fastenings.
3. Outdoor shoes should be removed prior to entering the dojang.
4. You must bow when entering and leaving the dojang.
5. Always address the instructor as %Master+or %Sir, or Maam+at all times when you are inside the dojang.
6. Students must always respect and obey instructors and senior grades.
7. Students must show mutual respect and courtesy to other members of the club. Students should always bow to each other at the beginning and end of joint activities.
8. Students arriving early at the dojang should warm up by undertaking gentle exercises.
9. Always line up quickly and in grade order.
10. Any member arriving late must stand at the rear of the class and await permission from the instructor to join the class.
11. Students must take care while moving around the dojang, and avoid physical contact with other students.
12. Students must obtain permission from the instructor to leave the dojang during lessons, and await permission from the instructor prior to rejoining the lesson.
13. All members should turn around and away from the instructor to adjust their dobok or tie their belt.
14. You may ask questions during the lesson by raising your hand and waiting to be recognised.
15. Long hair must always be tied back during lessons.
16. Finger and toenails must be clean and short to prevent injury to other students.
17. Personal hygiene must be of an acceptable standard to ensure a pleasant training environment for all members.

18. Chewing gum is not allowed within the dojang.
19. Students are permitted to drink water during lessons, but only upon the express permission of the instructor.
20. All jewellery, including ear rings, and watches should be removed before training. If rings, or earrings cannot be removed then they should be taped up.
21. Students must not tamper with any safety equipment in the dojang. They should also ensure that they wear the correct protective equipment for sparring activities.
22. Offensive language is strictly prohibited while in the dojang.
23. Training while under the influence of alcohol, or other intoxicating substances is strictly prohibited.
24. Members must not use their skills in any offensive way outside the dojang.

**STUDENTS THAT DO NOT ABIDE BY THESE RULES WILL BE ASKED TO LEAVE
THE CLUB**

Guidance for Parents and Carers

Parents, and carers are expected to: -

1. Support their respective children and show an interest in their chosen activity.
2. Communicate any health concerns regarding children to the club instructor, together with any advice regarding their suitability to perform certain activities.
3. Make arrangements to deliver and collect children punctually to and from lessons.
4. Ensure that children are correctly dressed for lessons.
5. Inform the instructor if a child is to be collected early from a lesson and the identity of the individual collecting the child.
6. Encourage children to adhere to the club rules and reinforce simple discipline messages.
7. Behave responsibly while watching lessons; and not to place children under undue pressure.
8. Ensure hygiene and nutritional needs are met.
9. Support the judgement of club instructors.
10. Immediately discuss any issues or concerns with the club instructor regarding the standard of coaching.