



PANTHER'S LAIR MARTIAL ARTS, LLC

General Rules for Class

1. Upon entering or leaving the Do Chang, students (whether in uniform or in street clothes) shall acknowledge the Flags (or front of the Do Chang) by bowing. This will be done without exception.
2. Shoes and socks will be removed before walking on the gym floor.
3. When class begins, students will lineup according to rank and seniority. The senior ranking student will call the commands:
 - a) Bow to the Flags
 - b) Bow to the Instructor
4. During class, proper respect and discipline will be maintained at all times, and the ritual should be followed in a uniform manner:
 - a) When the Master Instructor enters the Do Chang, the Instructor on the floor or the highest-ranking student in the class should call the class to attention and have the class bow. After respect has been shown, the class should immediately return to training.
 - b) When a student comes to class late, he/she should wait until he/she is recognized by the Instructor, bow and ask permission to join the class.
 - c) When a student must leave before class ends, he/she should receive permission from the Instructor before class begins.
 - d) All Instructors, Assistant Instructors, Black Belts and adults are to be addressed as Mr., Mrs., Miss, Sir or Ma'am. Students should never call the Instructor by his or her

first name. Students should say "Yes Sir", "No Sir", "Yes Ma'am", or "No Ma'am". NEVER say "yeah".

- e) Jewelry and gum are not permitted during training.
 - f) When eating or drinking in Do-bok, remove your belt and place it around your neck.
5. For dismissal, students should line up according to rank and seniority. The senior ranking student will call the commands:
 - a) Bow to the Instructor
 - b) Bow to the Flags
 6. There should be an absence of unnecessary noise or horseplay in the Do Chang. Students should remain silent, especially during forms and free fighting.
 7. Much importance should be given to salutation since it is an integral part of the Martial Arts. While training, one should pay respect to one's Instructors, senior members and opponents. One should not lose self-control, patience, or composure. Before and after exercises or matches, the participants should bow to their instructor and opponent.
 8. While seated on the floor, members should keep proper posture conducive to good health and manners. Hands should be placed on knees, the back should be kept straight and legs should be kept in front. **NEVER lean against a wall.**
 9. Students should take care to keep their uniforms clean and pressed at all times. It is important to give a good impression of our art, and a neat appearance is important in this respect. A high degree of cleanliness should be maintained.
 10. Safety is all-important. Fingernails and toenails should be kept clipped short to prevent injury while sparring. All students **must** wear a mouthpiece when sparring; male students **must** wear a strap and cup at all times. Students above the rank of yellow belt must have fist/forearm pads and shin/instep pads. Headgear and hogus (provided by the gym) will be worn during sparring.
 11. Failure to comply with the above could result in:
 - a) Dismissal from class
 - b) Period of probation
 - c) Loss of rank
 - d) Loss of rank and suspension