

**SEATTLE TANG SOO DO ASSOCIATION**



**Etiquette**

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### ETIQUETTE

The wisdom of Buddha is a continuous purification of mental, physical and spiritual dedication. Therefore, it is said that Buddha Martial Arts begins and ends with discipline, respect and courtesy.

#### **BEFORE CLASS:**

1. Uniform (Do Bahk) with Belt is required.
2. Arrive ten minutes prior to the start of class; **BE ON TIME.**
3. All jewelry, watches, rings, etc. must be removed.
4. Bow whenever entering or leaving the mat.
5. Always bow to the Black Belts and senior students.
6. Students should immediately begin loosening up or practicing upon entering the training area.
7. Talking will be kept to a minimum.
8. When the Chief Instructor enters the class, the senior student calls the class to attention and bows to the Chief Instructor.

It is the beginning students responsibility to keep the training area clean and swept of dirt.

#### **STARTING CLASS:**

1. Students line up by seniority, from right to left. This is done quickly and quietly.
2. The instructor takes a position in the front and center of the class.
3. The following commands will begin all classes.
  - ATTENTION
  - BOW TO INSTRUCTOR
  - SALUTE THE FLAGS
  - STANDING MEDITATION

#### **DURING CLASS:**

1. When late, first meditate and then stand and wait for the instructor's permission to enter class.
2. Students shall not leave the class unless in an emergency or by prior permission of the instructor.
3. Students who must leave the class early, must first let the Instructor know they are leaving, meditate and then bow to the Instructor. You do not have to wait for a return bow to leave.

4. All commands issued by the instructor or senior students will be immediately obeyed and without complaint.
5. A student may raise their hand if a question arises during class.
6. If, during training, the uniform becomes loose or the belt untied, the student must bow, turn and kneel (on one knee) and then make any necessary adjustments. When finished, stand and turn back forward, bow and resume training.
7. Black Belts shall be addressed as "Sir", "Ma'am", "Mr. or Ms." or "Sabu Nim".
8. Respond to questions and commands with "Yes/No Sir or Ma'am".

#### **ENDING CLASS:**

1. Students line up, quickly and quietly.
2. The following commands will end all classes.
  - ATTENTION
  - SALUTE THE FLAGS
  - MEDITATION
  - BOW TO INSTRUCTOR

#### **BOWING PROCEDURE**

The bow is the Martial Arts way of showing respect. The TANG SOO DO student bows whenever entering or leaving the training area, to the flags on the wall, to the instructor at the beginning and end of class and to a partner before and after training together.

#### **HOW TO BOW**

The student comes to attention with the back straight, feet together, left foot to right foot, and arms at his sides. Bend forward from the waist, keeping the back straight, to about a 30° angle. Eyes should look downward.

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### **TANG SOO DO MAXIM:**

*"Tang Soo Do practice begins and ends with respect!"*

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**ETIQUETTE DEFINITIONS**

**Attitude**

*Definition: Your attitude to something is the way you think and feel about it. Your attitude to someone is the way you behave when you are dealing with them.*

When we talk about your *attitude* in Karate, we are talking about the way you think and feel about Karate and the way you behave toward people while in class.

Good examples: Knowing and following all class rules; obeying commands quickly and quietly; always trying hard.

**Bowing**

*Definition: To bend or incline, the body, in token of respect or gratitude.*

The bow is the way people in the Asian countries greet each other. In the America, we shake hands, in Korea they bow.

We have two ways to bow in class. Standing and from meditation position.

**Standing:** Come to Attention Stance, bend forward from the waist about 30°, hold for 2 seconds, return to Attention Stance.

**Meditation Position:** Place left fist down first, then right just outside and in front of your knees; bow; hold for 2 seconds, return to meditation Position.

**Courtesy**

*Definition: An act of civility or respect; an act of kindness or favor performed with politeness.*

*Good examples: Saying "Please" and "Thank You"; waiting your turn; holding the door; not disturbing class or others.*

**How to Line Up**

Students line up quickly and quietly facing the Instructor. Highest ranking students line up on the right and in front.

**Ki Hap**

*Definition: Spirit Yell*

There are 3 reasons we Ki Hap. 1. To give more power to your kick, punch or block, 2. To help protect you when you get hit, and 3. To scare or intimidate your opponent.

**Posture**

*Definition: The position of the body or disposition of the several parts of the body with respect to each other, or for a particular purpose.*

Good posture helps you to do your kicks, punches and block more easily. Good posture also shows others how much confidence you have in yourself.

**Respect**

*Definition: To take notice of; to regard with special attention; to regard as worthy of special consideration; hence, to care for; to heed.*

Respect is one of the most important parts of being in Karate. Respect is how you treat others for what they know, their abilities, who they are, etc. whether you like them or not. Respect is consideration for another and their property.

Good examples: Give Respect to: Teachers for the knowledge and skills they give you; others for helping you; property that does not belong to you.

**Spirit**

*Definition: Energy, vivacity, ardor, enthusiasm, courage, etc.*

In Karate, this Spirit is called Martial Spirit. Being a Warrior.

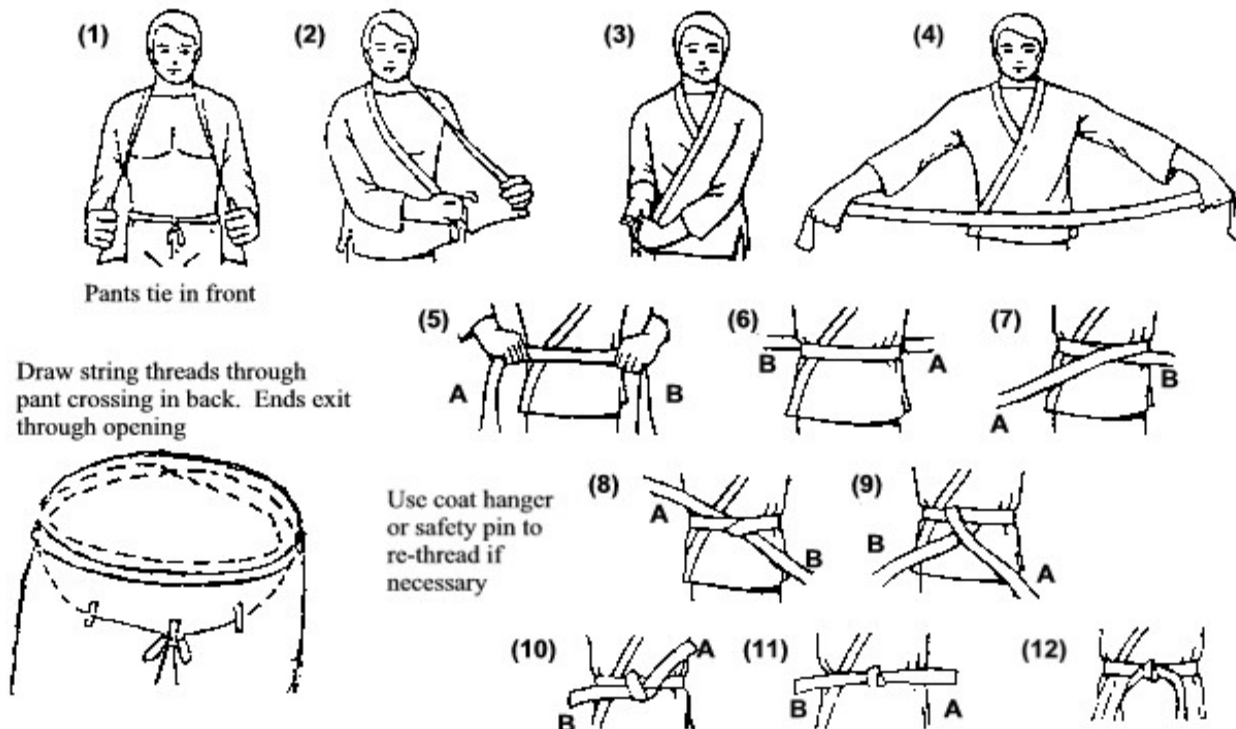
Good examples: Always trying your best; working hard; coming to class with a lot of energy; looking out for others.

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**DO BAHK ETIQUETTE**

1. Always treat your Do Bahk and Belt with Respect.
2. Always wear a Clean, Non-Wrinkled, White Tang Soo Do Do Bahk (uniform) in a good state of repair.
3. Do Bahks must have 2 patches: (1) School Crest on Left chest and (1) Flag Emblem on right shoulder. All other patches must be approved for wear on the Do Bahk.
4. Belts when not being properly worn, should be kept with Do Bahk either neatly folded or tied around properly rolled or folded Do Bahk.
5. Never wash your belt. Tradition says "Washing, washes out your knowledge".
6. To readjust your Do Bahk or Belt: (1) Bow to Instructor or Partner; (2) Turn and Kneel; (3) Readjust your Belt or Do Bahk; (4) Stand and Face Instructor or Partner; (5) Bow.

**PROCEDURE FOR TYING THE DO BAHK BELT (DEE)**



**NOTE:** Practice putting the belt on and tying the knot correctly

**MEDITATION**

Meditation is the "quiet time". It is the time for beginning and ending, energizing and calming, to fill and to empty. Meditation is the time when you become one with yourself and the universe. A time of great activity within stillness. This is the pure state of being.

**MEDITATION:** (beginning class)

**MEDITATION** - Empty your mind of all distracting thoughts that you may have. Concentrate and focus your mind on learning and preparing for the the rigors of practicing Tang Soo Do. Do not let your problems distract you from your training.

**MEDITATION:** (ending class)

**MEDITATION** - Fill your mind and concentrate on the lessons that you have learned. Then relax and clam your mind and body to again return to your normal daily routine. For that level of awareness is not necessary in daily life.

**MEDITATION—by Lin Hung-Nien**

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| 1 The Mind is the same with Heaven and Earth.                            | 5 Techniques will occur when a Void is found.                              |
| 2 The Circulatory Rhythm of the Body is similar to the Sun and the Moon. | 6 The Awareness requires Advancing and Retreating, Separating and Meeting. |
| 3 The Law includes Hardness and Softness.                                | 7 Time does not miss even the slightest Change.                            |
| 4 Act in accordance with Time and Change.                                | 8 The "CHI" Listens in all Directions.                                     |