



DO-BOK (UNIFORM)

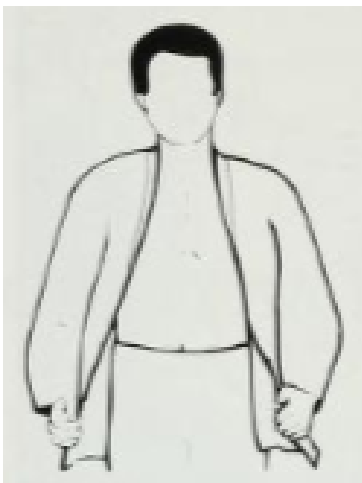
The Taekwondo uniform, known as a “do-bok,” comes from the ancient roots of civilization. It was originally just a way to cover the body (a loose, wrap around piece of clothing that had little significance or design). However, in early Asian history, this clothing took shape and evolved into what now is a traditional do-bok (uniform) for the practicing Taekwondo student.

Traditionally, the women would wear the do-bok (uniform) differently than men. They would place the right lapel over the left. This is similar to the difference between men and women’s button-up shirts and zippers. It should be noted however, that in Songahm Taekwondo, all do-bok (uniform) are worn with the left lapel over the right lapel.

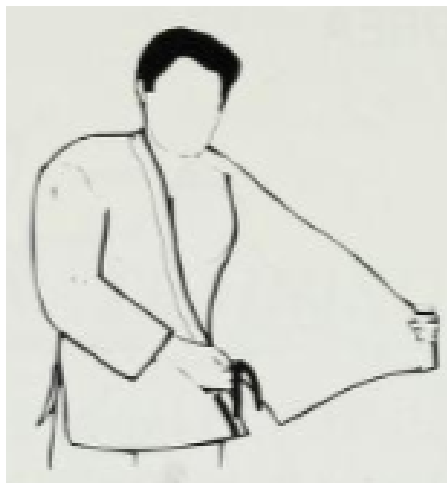
In Songahm Taekwondo, the do-bok (uniform) is always white to represent purity and sacrifice (to stay pure, one must sacrifice). It also comes from the idea of the Roman toga. The toga was worn by officials to show that they were not greedy for money or power.

The do-bok (uniform) displays a student’s respect and attitude toward the art. Unlike many styles that allow the do-bok (uniform) to be torn, dirty, faded, and multi-colored, the Songahm Taekwondo do-bok (uniform) displays our pride in Taekwondo. Therefore, it is necessary that your do-bok (uniform) is always clean and without visible stains; is without odor and wrinkles; and, is properly dressed with approved patches and lettering.

How To Tie A Do-bok (Uniform)



Hold the string of each lapel.



Tie the string of the right lapel to the string of the left seam.



Cross the left lapel over the top of the right and tie the string of the left lapel to the string of the right seam.