

# Shield Student Rules

## Entering the do-jang

- Remove shoes (keep floor clean, leave your problems outside, prevent injury while training, better body balance)
- Bow before entering and leaving
- Bow to instructor & black belts

## While practicing in do-jang

- Proper dress (no jewelry except wedding ring)
- Never chew gum
- No food or beverage (except water)
- Be courteous to other students
- Be respectful to senior students and black belts (use “sir” or “ma’am” when speaking or being spoken to)
- All students must wear a t-shirt under uniform (do-bok).
- All male students must wear an athletic supporter with a cup for sparring.
- All students must wear proper school approved protection equipment while sparring.

**Clean Heart- Speak wrong of no one.**

**Clean Mind- Think no evil thoughts.**

**Clean Spirit- Be sincere in all your actions.**

**Clean Body- Practice good personal hygiene.**