

## **SCHOOL RULES**

1. Always show respect both inside and outside of the Dojang.
2. Always practice the 7 Principles of Black Belt Excellence.
3. Keep your mind and body free from pollutants.
4. Do not use vulgar speech or profanity at any time.
5. Bow before entering and leaving the Dojang, mats, and office.
6. Keep your uniform and Dojang clean at all times.
7. Do not face your instructors, parents, or flags while fixing your uniform.
8. Always train to your full potential.
9. Do not be silly or speak to visitors while training.
10. Only use your martial arts training to protect the well being of yourself or the defenseless.

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