



Sung's Black Belt Academy

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<http://www.blackbeltacademy.us>

[Facebook Page](#)



Student Rules and Regulations

Prior To Arriving At School:

1. Do not bring valuables and remove all jewelry.
2. Wear clean school uniform (Dobok).
3. Ensure any patches are secured to your uniform.
4. Tie belt appropriately.
5. Keep fingernails and toenails neat, trimmed, and cut.

When Entering The School:

1. Hold the door open for those needing assistance.
2. Bow after entering into the school.
3. Bow to all Instructors and Black Belts.
4. Immediately remove shoes and jewelry and place into a cubby.

Preparing For Class:

1. Store bags above cubbies or at bleachers if room permits.
2. Retrieve school card and place into the card box.
3. Change into uniform if necessary.
4. Use the rest rooms if necessary.
5. If arrived early, stretch and practice quietly in the other training room.
6. Go into the classroom and wait for class to end/start.
7. Bow to all Instructors and Black Belts.

When Class Starts:

1. As previous class ends, stand at the edge of the mat at attention.
2. Observe the closing ceremony by bowing to the flags and the instructors.
3. Inform the instructor if you need to leave early or if there is something they should be aware of.
4. Line up and stand at attention (typically by belt rank).

During Class:

1. Pay strict attention to your assigned instructor.
2. Keep conversation with others to a minimum.
3. Do not be afraid to ask the instructor a question (raise hand).
4. Come to attention and bow before and after a lesson or conversation.
5. Do not complain about strenuous exercise conditions.
6. Free sparring is not permitted unless approved by the instructor.
7. When leaving and entering the school mat, always come to attention and bow to the flags.

Class Ends:

1. Find spot you started class at and stand at attention.
2. Observe the closing ceremony.
3. Walk out of the mat area and bow to flags.
4. Retrieve all belongings
5. Observe the opening ceremony if another class is starting.
6. Put on shoes.
7. Bow prior to leaving out of the main doors.

General School Rules:

1. Do not be late for class.
2. Do not chew gum.
3. Do not use profanity.
4. Do not lose your temper and keep calm.
5. Do not engage in horse-play or goofing around (Can result in injury).
6. Address or answer black belts and instructors as "Sir" or "Ma'am" as appropriate.
7. Address instructors by bowing first, converse, and then bow again when finished.
8. Do not smoke or drink alcoholic beverages.
9. Bring your school report card for patches
10. Only use Self-Defense techniques to defend oneself.
11. Do not engage in fights!

General Safety Issues To Prevent Serious Injury To Yourself Or Your Partner:

1. Finger and toenails should be kept short as to not inflict cuts on practice partners.
2. Long hair should be tied back and out of the face.
3. No rings that are raised (engagement rings, class rings, signet rings, etc.) are to be worn. Athletic wedding bands are acceptable. Toe rings should be removed.
4. No earrings, nose rings, or other facial jewelry should be worn in class.
5. No watches or hard bracelets or anklets should be worn.
6. No necklaces or medallions should be worn.
7. Do not engage in horse-play or goofing around
8. Free sparring is not permitted unless approved by the instructor.

General Uniform Rules:

1. The uniform should be clean at all times.
2. The belt should be tied appropriately.
3. Patches:
 - a. All patches need to be fully attached to the uniform.
 - b. Students at a minimum should display the USA and KOREA patches.
 - c. Ask the instructor on patch placement recommendations.
 - d. Special patches such as promotion stars, team patches, animal patches, and school patches are permitted.
4. Only a white crew or V-neck T-shirt should be worn under the uniform.
5. Do not wear turtle necks, polo shirts, shirts with visible designs, dresses, or long sleeved shirts under the uniform top.
6. All t-shirts should be tucked into the uniform pants so they do not show below the uniform top.