

# TKDAMERIS.COM

Proudly Serving the Community Since 1977

*Discipline and Respect are the cornerstone of Taekwondo*

## IMPORTANT REMINDER!

ALL STUDENTS MUST COMPLETE OUR NEW BILLING INFORMATION AND PAYMENT PROGRAM ASAP



*Happy  
St. Patrick's Day*

## PROTOCOLS IN TRADITIONAL MARTIAL ARTS

There are several protocols that must be followed to understand the true meaning of martial arts training. Below is a list of some of the basic, necessary steps to achieve success in the dojang that will improve one's life in every aspect.

- **SHOW RESPECT**

We show respect by bowing when entering and exiting the dojang. This shows that the dojang is a special place, not just a gym or fitness center. We come to learn and grow in the dojang.

The next thing is bowing to instructors, fellow students and any guest. This small, but important, gesture shows respect and appreciation, as well as humility.

- **KEEPING YOUR UNIFORM AND EQUIPMENT CLEAN AND IN GOOD ORDER**

Your outward appearance is a reflection of your self-esteem. Do you respect yourself enough to take the time to keep your appearance presentable? Remember that you never get a second chance at a first impression.

- **DO YOUR PART IN HELPING WITH THE CLEANING AND OPERATION OF THE DOJANG**

Do you clean up if you see something out of place or help if something needs fixed? Do you assist with teaching children and new students? Remember, to teach is to learn. To give service of yourself always pays back huge dividends.