

The following is a list of rules that explain the conduct that is expected of at Spirit members whilst training in the Dojang.

- Bow before entering and leaving the Dojang (the hall you train in).
- Students must remove all watches and jewelry before training.
- Bow immediately when you see a Master or instructor.
- Address Instructors with “Instructor (first name)” or “ Sabon nim”.
- Always bow to higher grades before talking to them.
- Never walk in or out of the class without bowing and catching an Instructors attention first (especially when the class has started).
- No smoking, eating or drinking in the dojang at any time (especially chewing gum).
- When adjusting your uniform during class – first bow to your Instructor or partner, turn your back and adjust your uniform and belt. When done turn to face your Instructor or partner and bow.
- A clean pressed uniform must be worn to all classes.
- No talking during classes unless addressed.