



Littleover Taekwon-Do Club Rules

- Everyone will act in accordance with the oath and tenets of Taekwon-Do:
 - I will observe the tenets of Taekwon-Do:
 - Courtesy, Integrity, Perseverance, Self Control, Indomitable Spirit
 - I will respect my instructors and seniors
 - I will never misuse Taekwon-Do
 - I will be a champion of freedom and justice
 - I will help build a more peaceful world
- Everyone has the right to be treated with dignity, respect and consideration. Any person found not to be doing so will be asked to leave.
- Safety is our number one concern. If you have any concerns over your safety or the safety of any other person in the class you should alert your instructor immediately.
- Never attempt to do any exercise, technique or movement that you are not confident and comfortable completing.
- You should only train at your own pace and if you find the class is moving too fast, or if you should not understand the technique being demonstrated and/or find yourself becoming exhausted, please let an instructor know straight away.
- The techniques taught in our club must only be used in self-defense and personal safety only.
- It is your responsibility to ensure you turn up to class fit and ready to take part, with a suitable amount of time prior to the lesson's scheduled start time.
- If you have any injury or medical condition you should let the instructor know ahead of the class.
- If you develop any injuries during a class, you should let the instructor know so they may complete an injury record and administer first aid accordingly.
- Any form of abusive or anti-social behavior will not be tolerated.
- No list of rules can be completely comprehensive. The instructor(s) has the ultimate say as to whether they feel you are fit to train or whether a rule has been broken.

If you are unsure about any of the above, you should contact your instructor before taking part and discuss any concerns or questions with them. These rules may be updated from time to time; it is your responsibility to ensure you're up to date with the latest.

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