



Martial Arts Etiquette

Etiquette is a **very important part of martial arts**. Basically etiquette refers to the protocol of behavior within the Martial Arts environment.

It relates to having good manners and respect for the purpose of maintaining the safety and well being of *all* practitioners of Martial Arts while they are within the Dojang.

Martial Arts have been passed from person to person from country to country and across many varying cultures for over two and a half millennium. Consequently, a lot of the etiquette practices such as bowing to show respect to each another and the rules within the Dojang are steeped in history and tradition.

The practice of strict etiquette is also a key element between using Martial Arts training as a forum for personal development and growth, which is the philosophy of Shire Martial Arts, to merely 'exercising and learning how to fight'. Etiquette enhances the benefits derived from the practice of Martial Arts.

The main advantage of having a high standard of etiquette within the Martial Arts environment is that those students who do possess it, compared to the more lackadaisical students, are the students who *always* become the most proficient practitioners of Martial Arts, every time. Also, students with high levels of etiquette on the Dojang floor are the students who reach the highest level of achievement in all the other areas of their life. This is NOT a coincidence!

Therefore with this knowledge, it makes sense that *whenever* you are within a Martial Arts environment that you go **all out** and embrace the traditions and practices that make up to acquiring good etiquette. If you do, you will evolve into the best student you could ever hope to be!

Over the next few months – and years, look at those students who have good etiquette and model yourself on them. Ask questions, inquire about etiquette matters. Continually research and explore. It's all part of the Martial Arts journey.

Some Etiquette Tips

- If you are late for a class, wait for an instructor to summon you onto the mats. Do not just run on. When the instructor does give you the signal to join the class, bow and quickly move to the back of the class.
- If at any time you need to adjust your uniform or belt, quickly turn away from the instructor. If it involves lots of fiddling leave it till the end of class.
- When you are on the mats listening to an explanation or waiting for instructions always stand 'at ease'.
- Whenever an instructor calls you by name, immediately reply with a loud and enthusiastic "Yes Sir!" or "Yes Miss" if the instructor is a female.
- **Always be in a hurry**. When an instructor asks you to move to somewhere during a class **Run!**
- When using training equipment with a partner and it is time to swap, always pass it to your partner in a respectful way with a bow.
- Whenever ANYONE bows to you, stand at attention and bow back to them.



How to start a class:

The senior belt or student standing to the far *left of the instructor* waits for the instructor's signal and says in a CLEAR and LOUD voice:

- 1) **"Chair-ee-ot!"** (Attention) "Bow to ***Gwanjangnim**" (Head instructor) "**Kunnee**" (Bow)
*Only say this if Gwanjangnim Gary is on the floor If he is not, then move straight onto line **2**).
- 2) **"Chair-ee-ot!"** "Bow to **Sahbomnim**" (Instructor) "**Kunnee**"
- 3) **"Chair-ee-ot!**" (Begin student creed)

How to end a class:

- 1) **"Chair-ee-ot!"** "Turn around and adjust your Dobok and Dee"
- 2) **"Chair-ee-ot!"** "Bow to ***Gwanjangnim.**" "**Kunnee.**"
*Only say this if Gwanjangnim Gary is on the floor If he is not, then move straight onto line **3**).
- 3) **"Chair-ee-ot!"** "Bow to **Sahbomnim.**" "**Kunnee.**"

Then, the next senior belt or student standing to the *left of the highest student of the class*, says in a CLEAR and LOUD voice...

- 4) **"Chair-ee-ot!"** "**Bow to Senior belt**" (only say this if there is one or more students who are Blue/white belt or higher)
- 5) Then the person who says all of this must begin to clap in an enthusiastic manner.
- 6) From here, all students and instructors must line up in an orderly line to shake hands in a *genuinely* polite and friendly manner.

Be warned:

No boisterous or antisocial behaviour will be tolerated at Shire Martial Arts, particularly when we shake hands.

At Shire Martial Arts all students and instructors must shake hands with everybody after every class

