

## Training rules Taekwondo

1. **For the training session one arrives on time in clean sportswear (dobok).** Hands and feet are clean and the nails are cut short to avoid injuries.
2. **The orders of the coaches must be followed. It assures a disciplined and safe training.**
3. Any other execution of the techniques than the ones that were demonstrated by the coaches should be omitted, because of possible injuries that might come along.
4. **If one coach gives the command to stop (Command Keuman or Baro or Kalyeo) the training ALL exercises must be stopped immediately.**
5. To ensure a correct learning of the techniques, only qualified coaches are allowed to demonstrate new techniques.
6. Respect for you partner and the coaches is a must for every athlete. It is not only part of Taekwondo, but also part of the social life. It is self-speaking that no one is excluded because of his performance.
7. The training is a training with each other, not against. Please work together with you partner especially when training self-defense and fighting.
8. Before the training starts all the athletes line up before the masters. The highest belt is standing in the front line at the right side. The training starts when the master calls for the lineup.
9. During a training session eating is forbidden (drinking is of course allowed). Chewing gum and smoking breaks are not permitted. The attention should be focused on the coaches and the partner.
10. During a training session, the training area should not be left. Going to the toilet should be done in advance. In urgent cases the coaches must be given notice. Please have in mind, that a break disturbs the training and cools down your body, which can lead to injuries.
11. **Attacks against each other, breaking tests, exercises with weapons (self-defense) or other difficult exercises are only allowed with the permission of the head coach and under his supervision.**

If you have any illness, disability or injury, please tell me (Fabian) about it. No one is forced to take part in the exercises if they are not possible to perform due to health problem. If I know about the problem I can be responsive to it and I might be able to show alternatives.

You can come to me at all times no matter what's wrong. I will try to help!

**Comment: I (Fabian) reserve myself an exclusion of athletes to complying to the above-named rules. The exclusion will be forwarded to the student council and is usually prosecuted immediately. The exclusion might be permanent for all time while studying at the university.**