



CODE OF CONDUCT

MDK Athletes & Black Belts



Athlete first, a fighter second.

Character before athletic accolades.

Leadership over gamesmanship.

Code of Conduct

All AMAA leadership team and MDK athletes comply and fully commit themselves to the rules and policies of the team and this program. Please read thoroughly every time you renew your season. Flagrant violations of these rules may be subject to disciplinary action and eventual termination from our program.

Respect and follow all the etiquette and rules of the dojang.

- ☐ **bow in and out of the mat**
- ☐ **Be prompt to class; come at least five minutes before the class starts.**
- ☐ **quietly go to the training area and warm-up, stretch ahead of or assist.**
- ☐ **Do not wear any jewelry or sharp objects for others and your own safety during a training session**
- ☐ Register on our attendance system.
- ☐ Do not bring any food or beverage on the mat.
- ☐ When class is in progress, ask any present instructor for permission to join the class.
- ☐ Always address, ask, and reply to your instructors with "Sir/Ma'am"
- ☐ Notify your instructor when you are absent.
- ☐ Always have your uniform and equipment clean
- ☐ Ask permission to speak during the practice drills.
- ☐ Ask permission before you leave the class
- ☐ Respect and be courteous to your classmates.
- ☐ Be an attentive student, participant, and training partner.
- ☐ Use all training equipment with care and put away equipment after the training.
- ☐ Accept any given challenge without complaint or fear
- ☐ **No bullying, hazing or roasting on the floor are allowed.**
- ☐ **Demonstrate respect and courtesy to your classmate's parents.**

Demonstrate pride and a sense of professionalism of being an MDK athlete or AMAA staff

- ☐ maintain good personal hygiene.
- ☐ have nails neatly trimmed.
- ☐ long hair should be in hairbands when training and teaching. Maintain the cleanliness of your uniforms and sparring gear.
- ☐ have proper attire for your training/teaching; see the dress code below for more details. Always return all used equipment in proper places,
- ☐ pick up litter, used water bottles, and trash before and after the class

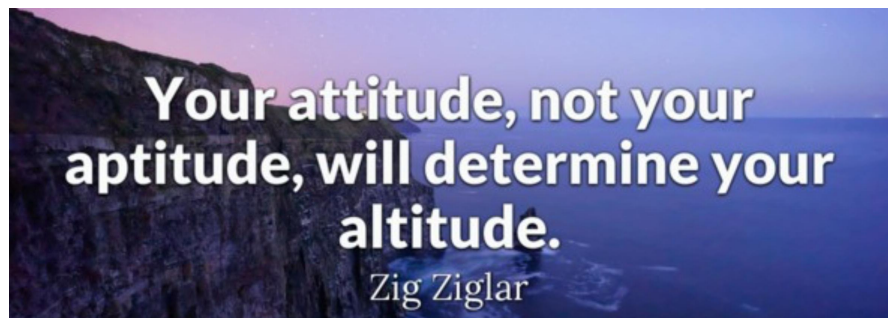
Code of Conduct (continued)

Dress Code

- ☐ White do-bok pants and official MDK shirt.
- ☐ Full uniform if you are attending any traditional classes
- ☐ Outdoor Conditioning days: sweatpants, MDK shirt, and athletic shoes.
- ☐ Rumble & cross-training: full uniform with MDK jacket.
- ☐ Tournament Day: MDK tracksuits, full uniform, gear, and jogging shoes.
- ☐ Flip-flops are allowed once you go to the holding area

Work Ethic

- ☐ The MDK program aspires to produce national-level athletes. Therefore, make Taekwondo training your highest commitment over any other activity besides school.
- ☐ Stay focused and work hard to keep up with your school grade. Work on your time management to achieve excellence in academics and sports.
- ☐ You must maintain at least a C average. Ensure you notify and take time off when it is in danger of reaching below C average.
- ☐ Give 110% effort at every training session. When we, coaches, give a hard time, it is always due to a lack of effort, focus, or attention to detail, never about performance and skill level. Own up to your mistakes without blaming your instructors or team members.
- ☐ Pay attention to the details of each drill and execute it correctly.
- ☐ Be a diligent training partner by holding the pads, shields, and hogu correctly



Code of Conduct (continued)

Self-Training

- ☐ Student-athletes must think of weekends to catch up on their workout; Jogging, running stairs and etc., over the weekends.
- ☐ Work out or practice your techniques at home for a minimum of 30 minutes during the week on the days you are not attending class. Here are suggested tasks
 - ☐ jump ropes: 90 seconds x 6 - 9 rounds with 45 seconds rest
 - ☐ Jog around the neighborhood and stretch
 - ☐ the shadow box with music: 90 seconds round X 6 rounds
 - ☐ practice your Poomsae; it is beneficial for all athletes
 - ☐ ask your coach, and we will design a self-training routine for you.

Practice good self-management

- ☐ Drink plenty of water and cut out on junk and fast food. Make sure you drink water and hydrate yourself between matches and performances, both Sparring and Poomsae. Hydrate and snack before you feel thirsty, hungry, and tired.
- ☐ Athletes need adequate sleep to heal their bodies and regain energy to train hard and effectively. Do not play video games all night on weekends, especially the night before the competition. It deprives you of sleep and makes you depressed.
- ☐ Socialization is the best part of the tournament day, but make sure you learn to stay away from distractions and focus when it is close to your competition.

Weight Management for High-Level Athletes

- ☐ Poomsae athletes have to look slim (not thin) and fit to have the presentation advantage.
- ☐ Demo and freestyle athletes need to find the right amount of weight cut for higher performances.
- ☐ For fighters, plan your weight cuts and be accountable to your parents, coaches, and yourself.
 - ☐ Consult with the head coach and find the right weight division for you.
 - ☐ You may compete in walking weight for a local tourney.
 - ☐ Report your weight accurately.
 - ☐ Trust and follow the scientific method
 - ☐ For higher sanctioned events, you must make the declared/designated weight.
 - ☐ If you fail to make the weight, you must forfeit when you face your teammates in the same division. You will also lose coaching priority if you do not make the weight.

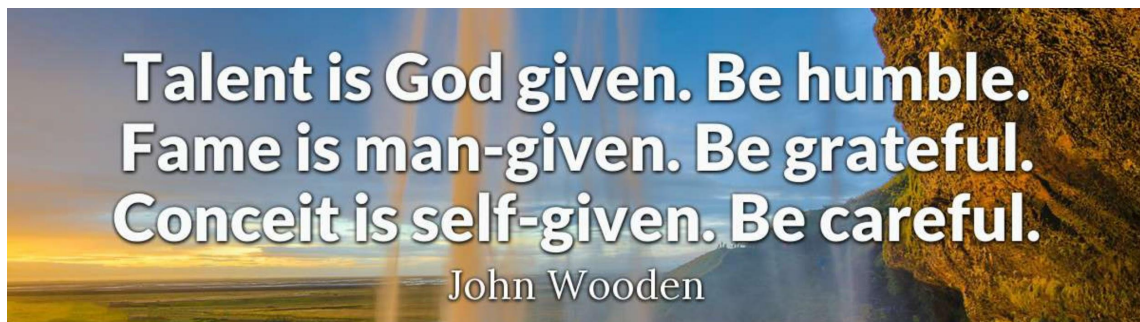
Code of Conduct (continued)

Maintain a positive and humble attitude inside and outside the studio.

- ☐ Always display good sportsmanship; **be humble in victory, be gracious in defeat and be true and sincere to all people**
- ☐ Do not overly celebrate after a win; you may have just ended someone's competition career.
- ☐ Restrain yourself from crying in training and competition due to frustration or anger
- ☐ Do not address audiences' haggling. It is your coach and referee's job to protect you if it presents a danger to your safety.
- ☐ Accept the referee's decision graciously. Let your coach protest the calls on your behalf of you.
- ☐ Figuring out the referee's tendencies and inclinations and making a quick adjustment is an important part of being a successful athlete.
- ☐ Always show respect to your opponents and their coaches by properly bowing and shaking hands.

Guard Your Reputation: Guilty by Association

- ☐ Having Taekwondo friends outside AMAA and MDK is fine, and it is a fun part of your Taekwondo journey. However, do not share our team training or strategies online with your friends outside the studio. Listen more than share. They will report what they hear from you to their parents, teammates, and coaches.
- ☐ Only your parents and family members are truly happy about your success. Others are prone to jealousy, envy, and backstabbing. Do not overly trust them.
- ☐ Your team members always come first. Their loyalty, admiration, and approvals stop when you do not win.
- ☐ They will also put their own teammate's interests first and share their information with others.
- ☐ Do not participate in rumor sharing unless it is a proven fact. You could get into serious legal trouble, and it is also a matter of integrity.



Code of Conduct (continued)

Social Media Guidelines for Taekwondo

- ☐ Do not overly self-promote yourself on the media; it will backfire on you.
- ☐ Be courteous and professional at all times. Your future employers and college recruiters will read your past postings on Instagram and Facebook
- ☐ Do not put sensitive team information on FB.
- ☐ Do not put your or your friend's fighting video without their permission.
- ☐ Do not get involved with criticizing others and making condescending comments toward other athletes and coaches.
- ☐ Not all high-level athletes are good role models and good company.
- ☐ Exercise good judgment and trust your parents and your own master/coach
- ☐ Exercise strong discretion and consideration for others;
- ☐ which one is a better picture to put on Facebook & Instagram?



Which one is a better picture to put on Facebook, or Instagram?

Accepting Accountability and Disciplinary Actions

Violation of any rules will lead to following progressive disciplinary actions;

- ☐ a few verbal warnings
- ☐ 2nd and more violations will lead to official notification to parents
- ☐ 3rd violation will lead to an official conference with parents and agreed on disciplinary action.
 - ☐ Type of disciplinary actions
 - ☐ Sitting out the next tournament or belt promotion test,
 - ☐ temporary suspension from the team,
 - ☐ writing an apology letter to relevant members
 - ☐ doing minor clean up or other chores
 - ☐ Others
 - ☐ Disagreement to accept disciplinary action will lead to termination from the program.



Student's Oath

I, _____ read all the above rules and regulations of the AMAA leadership team and MDK athletes' code of conduct. I will respect and wholeheartedly follow the etiquette and rules of the Academy to preserve the values and culture of Taekwondo. I will make myself accountable and accept the above disciplinary action given when I repeatedly fail to follow the rules.

Athlete (Print Full Name)

Date

Parent's Oath

I, _____, parent of _____ (athlete) read all the above rules and regulations of the AMAA leadership team and MDK athletes' code of conduct. I support these values, rules, and policies, and I am willing to make my child accountable to them.

Parent (Signature)

Date