

<u>Best Practice Title:</u>	Uniform and Uniform Care
<u>Best Practice Number:</u>	HMKTKD-BP3
<u>Revision:</u>	N/C
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<u>Effective Date:</u>	21 December 2007



Objective:

The intention of this document is to describe the best practices the Club has found over the years to care for a uniform as well as how to tie a belt.

Background:

The traditional Tae Kwon Do uniform is the dobok, a loose-fitting pant and robe suit. The Han Moo Kwan Tae Kwon Do Club has traditionally worn this style.

There are several reasons for wearing uniforms:

- To allow free movement of all limbs during physical activity
- To allow for safe interaction between members (no buckles, hooks, etc that might exist in street clothes) and by not allowing introduction of any physical items into the dojang
- To allow students to mentally and emotionally “change” into the mode of practicing and learning martial arts as they change from street clothes to their dobok

“Club Uniform Policy” HMKTKD-P8 contains requirements for the type of uniform (dobok or gi) to be worn and the style of dress expected by members of the Han Moo Kwan Tae Kwon Do Club during classes.

Best Practice:

Uniform Care and Instructions:

General Washing Instructions:

- Uniforms should be purchased with the expectation they will shrink somewhat
- Wash in warm water
- Wash in hot water if additional shrinkage is needed
- Color safe bleach is OK
- Never wash your belt

General Drying Instructions:

- If placed in the drier, additional shrinkage will occur
- If the size is good, line dry
- Take out of the drier and allow the uniform to finish drying on a clothesline or sturdy hanger.
- Once dried, be sure to fold your uniform neatly before placing in your bag. This also shows respect for the art form, your instructors, your fellow students, and yourself. A uniform wadded up in a ball ends up wrinkled.

Alterations:

- If pants or sleeves are still too long after washing and drying several times, get them altered for a good fit.

Between Workouts:

- Cut any loose strings (usually from seams)
- Allow uniform to air out (wash if necessary) *
- Fold neatly

*Club Members who perspire profusely should strongly consider purchasing an additional uniform. These members may be asked to increase the frequency they clean their uniform.

Packing your uniform for class:

Club Members should take steps to pack their uniform with the fewest wrinkles and creases as possible.

Post workout uniform care:

- After each workout be sure to fold your uniform neatly prior to leaving the dojang
- Individuals perspire at different rates of both volume and odor. You should “air out” your uniform after each workout. This means unfolding and hanging the uniform somewhere with some airflow.

Test Night:

- Uniform must be worn on test night; there are no exceptions
- Uniform must be clean to sight and scent
- Uniform will have few or no wrinkles from packing
- Club patch is correctly attached to uniform (green belts and above)
- Current belt rank will be worn

How to Tie the Belt:

Hold the belt at the middle of its length, in front of the body, with the ends even and hanging downward. Place the middle of the belt on the front of the body just below the naval and pass the ends of the belt around each side of the body, bringing them together in front of the body, holding one end in each hand. Ensure the ends of the belt are even and hold the section of the belt that is in the left hand along the front of the section of the belt that is wrapped around the body. Pass the end of the belt in the right hand under the two sections of the belt on the body and pull it snugly upwards. Now pass the same section (now on the left side) over, under, and up through the section that is hanging downward, forming a square knot. Pull the two ends snugly to tighten the knot. The ends of the belt should hang evenly.

When tying the belt, remember, right end over the left and under both layers, left end over right end.

FAQ:**How can I remove bloodstains from my uniform?**

As soon as you get home place the area under flowing **hot** water so the blood is forced out the way it came. Use gloves if you are sensitive to heat.

What about other stains?

Use the recommended method above. If the stain is too big, you may need to purchase another uniform. Ask the Club President or Chief Instructor for clarification.

Note: If you enjoy practicing on grass, keep an old uniform around for those occasions. Keep your class uniforms clean and white.

What if I have special uniform requirements?

Privately address your questions to the Club President or Chief Instructor.

What can I do with my “retired” uniforms?

The bottoms make good painting pants or save the whole uniform for a Halloween costume. If the uniform is a total loss, think about cutting them up for rags.

References:

1. Han Moo Kwan Tae Kwon Do Club “ Club Uniform Policy”, HMKTKD-P8, 15 November 2005
2. <http://tkdtutor.com/02Taekwondo/Uniform/AboutUniform.htm>

Summary:

Uniforms are an important part of the Tae Kwon Do and the Han Moo Kwan Club. Best practices are provided here to provide students information on how to care for it.