

How to wear and care for your Uniform

How we handle our uniform speaks loudly about how we view our training and ourselves. Like any ceremonial clothing, the uniform is an essential part of the tradition. Try to remember how you felt when you first put on a Do Bok. It was unlike anything you've ever worn before. It made you feel special wearing it. So it stands to reason that it be given special treatment and respect in return.

Uniforms should always be clean and wrinkle-free, especially for tests and public performances. After class, even though a uniform may be soaked with perspiration, it should still be folded neatly before placing in your bag. Students must also learn to properly tie their belts well before their first rank test, preferably after the first few classes. The belt is an integral part of the uniform and therefore should always be tied correctly (See Resource section for "How To Tie The Belt").

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