

## **Dobok**

Dobok (Uniform) is the uniform worn by practitioners of Korean martial arts. Do means "way" and bok means "clothing." The dobok comes in many colors, though white or black are the most common.

A Dobok represents the martial artist in many ways. It represents the style of martial arts practiced. Ranks and accomplishments are shown by the color of the belt worn by the martial artist. Many practitioners also cover the uniform with well-placed logos and badges that symbolize the pride they have for their country, their birthplace and the birthplace of their martial arts system. Badges and logos can also represent the club, school and organization that the martial artist belongs to. Only the badges and logos provided by Master Yi's Taekwondo and Martial Arts should be put on a student's Dobok.

It is important to show pride and respect for the master, school, and art of which we are a part. One way we do this is by following the rules and tenets of our system and our individual instructors and masters. For example, we take off our shoes before stepping on the mats, we keep our nails trimmed, we maintain personal hygiene, ,we check our attitudes and egos at the door and important that we keep our uniforms clean and well maintained.

