

USTF Regulation on Dress and Appearance
August 2019



This regulation provides policy and guidance for all USTF members and students training in a USTF school or associated with the USTF. Compliance with this regulation is mandatory. Deviations from this regulation are only permissible from the USTF Headquarters. Any prior exemptions to this regulation are hereby rescinded. Questions should be addressed through your chain of command (Instructor – State Director – Regional Director) to USTF Headquarters, Grand Master Sereff at 303-466-4963.

The USTF philosophy is that the traditional front closure Taekwon-Do uniform, referred to as a dobok and the USTF blazer, long sleeve or short sleeve shirt, tie/tab, pants, white shoes (dark shoes can be worn during testing), referred to as the USTF blues will be distinctive and standardized. This will include a minimum-maximum number of patches or devices.

Your personal appearance and the wearing of the dobok or USTF blues is a matter of pride and reflects upon all USTF associated members. It is important for all to maintain a high standard of appearance and professionalism at all times. You must adhere to the standards of neatness, cleanliness, and uniformity. A very important part of your image is the impression that you create in *how you wear your dobok or USTF blues*. You have a responsibility to keep your dobok and USTF blues neat, clean and in a professional image. *Instructors do not have the authority to waive the USTF Dress and Appearance.*

The only authorized workout uniforms for Taekwon-Do members associated with the USTF is the white traditional front closure dobok, the old wrap around with tie style is no longer authorized. The only dress uniform is the USTF blues. Wear of the dobok or USTF blues are limited to training in a USTF school, USTF seminar, and approved USTF events. You may not wear these items to non-USTF events with the exception of students that compete in “open tournaments” where you will wear the dobok and comply with this regulation. You will not wear the USTF blues to other martial arts events or any event where your wear of the USTF blues would infer sponsorship or sanction by the USTF. The wearing of the USTF blues to a wedding, funeral or the like can only be authorized by calling USTF Headquarters.

Dobok

The dobok is the white traditional “front closure” Taekwon-Do uniform. This uniform was specifically designed by the Founder of Taekwon-Do, Gen. Choi Hong Hi and will be worn with pride with the following mandatory instructions. The dobok should always be clean and serviceable, when it no longer fits, becomes torn, stained or discolored it must be replaced.

Dobok Top

The sleeves must not be rolled up and the end of the sleeves should slightly touch your wrist. It is permissible to tailor the sleeves for fit. Your top should extend down below your belt and not be too long nor become untucked with simple movements. The length of the top should be to the top of the thigh. All manufacturer labels will be removed from the outside of the dobok.

Authorized Patches

The following patches are authorized for members training within the USTF.

Flashes

The flashes are worn on the top shoulders of the dobok top for black belts and centered halfway between the collar and the sleeve seam. The following flashes are authorized for wear within the USTF. The flashes are not earned by attending any course and they are mandatory for 4th degree black belts and above. The flashes can be purchased from USTF Headquarters.



Assistant Instructor Flash: This flash is authorized for assistant instructors 1st – 3rd degree black belts. Instructors will mandate who in their schools are authorized to wear this flash. If you are the lead instructor in your school as a 1st through 3rd degree black belt you should wear the flash.



Instructor Flash: This flash is mandatory for all 4th – 6th degree black belts. This does not designate the “head instructor” of a school but simply denotes the rank of 4th through 6th degree black belt.



Master Instructor Flash: This flash is mandatory for all 7th – 8th degree black belts. This flash denotes “master instructor”.



Grand Master Instructor Flash: This flash is mandatory for all 9th degree black belts. This flash denotes “grand master”.

Organizational Patches



Once students join the USTF they must wear, the USTF and ITF patch. The USTF patch is worn on the right side of the dobok top lapel. The ITF patch is worn on the left side of the dobok top lapel. The policy within the USTF is that all members must join the USTF when testing to green belt, they can join sooner. These patches are mandatory for members and can be either the traditional fabric patch or the patches can be embroidered. The patches must be purchased from USTF Headquarters. To have patches embroidered you must contact USTF Headquarters for guidance on which commercial company is authorized by law to embroider the patches. You can also have your name/title embroidered above the USTF patch. You can have your title “Master Instructor”, “State Director”, “Instructor”, embroidered below the USTF patch. All titles and rank should accurately reflect current titles and rank. These patches are trademarked by Sereff Taekwon-Do.



American Flag Patch



This is a mandatory patch and the only flag patch authorized to be worn by Taekwon-Do students training in a USTF Taekwon-Do school. The American Flag patch can be a patch or embroidered. The border of the patch can be yellow or white and in either the square or “waiving” design. The patch is worn on the left sleeve of the dobok directly below the seam where the sleeve joins the top. For appearance peewee students or smaller doboks may have to sew the American Flag patch above this seam.

Qualification Patches

These patches can only be awarded by attending a USTF qualification seminar.

USTF Instructor Patches

You can only wear one of these patches at a time, if you progress to the next level you replace the patch with your current qualification. They are sewn under the American Flag patch on the left sleeve of the dobok top. For appearance, you can allow a slight gap between the American Flag patch and the USTF Instructor patch.



Class C: Can be worn by the 1st – 3rd degree black belt after successfully attending a USTF Instructor Class C Course. The patch features the bronze letters USTF INSTRUCTOR with a black background. This patch is only available through USTF Headquarters.



Class B: Can be worn by 4th – 5th degree black belts after successfully attending a USTF Class B Instructor Course. The patch features the silver letters USTF INSTRUCTOR with a black background. You must have attended the Class C Course prior to attending the Class B Course. This patch is only available through USTF Headquarters



Class A: Can be worn by 6th degree black belts and above after successfully attending a USTF Class A Instructor Course. The patch features the gold letters USTF INSTRUCTOR with a black background. You must have attended the Class C and Class B Course prior to attending the Class A Course. This patch is only available through USTF Headquarters

USTF Referee Patches

You can only wear one of these patches at a time, if you progress to the next level you replace the patch with your current qualification. For appearance, you can allow a slight gap between the USTF Instructor patch and the USTF Referee patch. In the absence of a USTF Instructor patch the USTF Referee patch will be sewn under the American Flag patch.



Class C: Can be worn by blue belt red stripe and above after successfully attending a USTF Class C Referee Course. The patch features the white letters USTF REFEREE with a blue background. This patch is only available through USTF Headquarters. Students above the age of 13 must become USTF certified class C referees prior to testing for 1st degree black belt.



Class B: Can be worn by students after successfully attending a USTF Class B Referee Course and meeting all requirements to progress from Class C to Class B. The patch features the white letters USTF REFEREE with a red background. You must have attended the Class C Course prior to attending the Class B Course. This patch is only available through USTF Headquarters. Adult students must become USTF certified class B referees prior to testing for 2nd degree black belt.



Class A: Can be worn by students after successfully attending a USTF Class A Referee Course and meeting all requirements to progress from Class B to Class A. The patch features the white letters USTF REFEREE with a black background. You must have attended the Class C Course and Class B Course prior to the Class A Course. This patch is only available through USTF Headquarters. Students must become USTF certified class A referees prior to testing for 5th degree black belt.



School Patch

You are authorized to wear only one school patch at a time. The school patch should reflect pride in your school and must not discredit the USTF by displaying inappropriate or offensive images or language. It is advisable to have USTF Headquarters review school patches for compliance with this regulation. The school patch is worn on the right sleeve in approximately the same position on the sleeve as the American Flag is on the left sleeve.

Taekwon-Do Tree

The Taekwon-Do Tree will be worn on the back of all dobok tops for students training in any associated USTF school. The Taekwon-Do Tree can either be embroidered or silkscreened. No other design or logos are allowed on the official dobok top. This design is trademarked by Sereff Taekwon-Do. There will be no addition of state names or country unless specifically authorized in writing by the USTF Headquarters.



Dobok Pants

I
T
F

The pants length should be to the top of the ankle bone. The letters I T F will be embroidered or silkscreened at roughly knee height on the outside seam of each pant leg. The pants can feature an elastic or drawstring waist. Your pants are part of a matching uniform and should match in color and fit similar to the dobok top. This design is trademarked by the USTF.

Black Belt Trim

Black trim around the edge of the top is worn only by the back belt holder. The piping is three centimeters (1.17 inches) in width. This is symbolic of the royal family and members of the aristocratic houses during the Koguryo, Baekje and Silla Dynasties. The 4th degree and above will wear black piping 3 centimeters (1.17 inches) in width on the sides of the sleeves and outside seam of the pants the stripe should run from the top to the bottom and only interrupted to stop shortly before and commence shortly after the letters ITF.

Unauthorized logos

No other logos are permissible on the dobok top or pants. It is mandatory that all ranks wear the official USTF dobok with all required patches. Past policy allowed for schools that promote introduction programs, little dragons, transition classes, etc., to have different uniforms or a different logo on the back of their uniform. Any student that has tested for a USTF ranking of 9th gup White Belt Yellow Stripe or above they must wear the official USTF dobok. No exceptions are allowed.

Autographs on Dobok

Only 7th degree black belt or above should sign their name on a dobok as an autograph. This is a student's choice and should not be a mandatory or routine practice.

Clothing under the Dobok

It is permissible to wear a t-shirt under the dobok but it must be white in color.

Hair Accessories

There will be no hats, scarves or other headgear worn with the dobok or USTF blues. Exceptions to the wear of headgear will be during a camp where the director can approve the wear. Exemptions for religious headgear must be submitted in writing to USTF Headquarters for review and approval. Hair accessories such as fabric ties, elastic bands or barrettes should match the natural color of your hair. When wearing the dobok no hard accessories such as hairpins, combs, clips or headband are authorized for wear.

Hygiene

Anyone training in Taekwon-Do shall maintain a professional appearance to include keeping your fingernails and toenails clean, neat and trimmed. This is especially important when wearing the dobok. This will prevent injury to yourself and others you may contact.

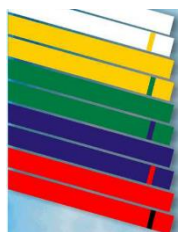
Jewelry

When wearing the dobok all jewelry will be removed. This will prevent injury to yourself and others you may contact. If a wedding ring cannot be removed it must be covered with athletic tape.

Belts

There are six orders of belts: white, yellow (not referred to as gold), green, blue, red and black. The width of the belt is five centimeters and the thickness is five millimeters. The width of the stripe near the end of the belt is five centimeters. The stripe can be tape or embroidered. Black belt ranks are distinguished by Roman numerals on the belt ends. Your belt is source of pride and reflects your current ranking in Taekwon-Do. You should not wash your belt or replace it if it becomes worn or faded. You should not cause excessive wear or fading to your belt by washing or artificial means. The belt wear and fading of color should occur naturally through training and time. The belt will be worn around the waist on the hips, this is not necessarily at the narrowest point of the waist line. The belt is tied in a square knot and the two ends will hang even and level with each other. When standing the belt should not extend past your knees. During competition any student wearing their belt too high will be instructed to lower it to the hip level.

Official ranks recognized by the USTF are:



Color Belts: Should be a single wrap, but can be a double wrap belts are permissible. You can calculate the size for double wrap belt making it a single wrap belt, for example, a size 0 will fit as a single wrap belt for students wearing a size 1-4 dobok. There should be no double stripes, incorrectly colored tape, stars or any other markings on a color belt that deviates from General Choi's belt ranking system. Awards from testing can be denoted in a different manner but not on the rank belt.

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|---------------------------------|----------------------|-------------------------------|---------------------|
| White belt | 10 th Gup | Green belt with a blue stripe | 5 th Gup |
| White belt with a yellow stripe | 9 th Gup | Blue belt | 4 th Gup |
| Yellow (not gold) belt | 8 th Gup | Blue belt with a red stripe | 3 rd Gup |
| Yellow belt with a green stripe | 7 th Gup | Red belt | 2 nd Gup |
| Green belt | 6 th Gup | Red belt with a black stripe | 1 st Gup |

Black Belts

Single wrap black belts are mandatory. As a minimum, you must display the black belt rank at the end of each belt in a Roman numeral(s) and your name in English. Optionally you can add your name in Korean, the Korean characters for Taekwon-Do, school name and/or state. The wording should be kept to a minimum. There should be no stripes, stars or any other markings on a black belt that deviates from General Choi's belt ranking system. Awards from testing can be denoted in a different manner but not on the rank belt. All tags and logos will be removed from the belts. The USTF does not recognize the "junior black belt" or "probationary black belt". All black belts promoted in the USTF are referred to as black belts.



The colors of the belts have not been arbitrarily chosen. They are, in fact, steeped in tradition. The colors of black, red and blue denoted the various levels of hierarchy during the Silla Dynasties.

Autographs on Belts

Only 7th degree black belt or above should sign their name on a dobok as an autograph. This is a student's choice and should not be a mandatory or routine practice.

USTF Blues

The USTF blues consist of the blue blazer, plain white shirt, blue trousers, blue tie/tab, socks and shoes. The skirt for female black belts is no longer authorized. Your personal appearance and the wearing of the USTF blues is a matter of pride and reflects upon all USTF, associated members. It is important for all to maintain a high standard of appearance and professionalism. You will adhere to the standards of neatness, cleanliness, and uniformity. A very important part of your image is the impression that you create in how you wear your USTF blues.

Blue Blazer

The blue blazer is authorized for wear by any rank. The past requirement of 4th degree black belt and above is hereby rescinded. Your blazer should be worn with pride with the following mandatory instructions. The blazer should always be clean and serviceable, when it no longer fits, becomes torn, stained or discolored it must be replaced. The only patch authorized on the blazer is the USTF embroidered patch. To have the patch embroidered you must contact USTF Headquarters for guidance on which commercial company is authorized by law to embroider the patch. You can also have your current name/title embroidered above the USTF patch. You can have your title "Master Instructor", "State Director", "Instructor", embroidered below the USTF patch. While any rank can wear the USTF patch on the blazer, the wear of the blue blazer with the embroidered patch becomes mandatory for 4th degree black belt and above. The length of your blazer should end in the mid to lower crotch area. This patch is trademarked by Sereff Taekwon-Do.



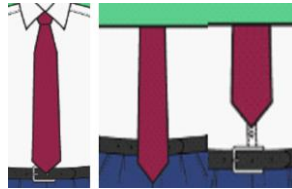


Pins on the Blazer

The only pins authorized on the blazer are the ITF, USTF, Dan Ranking pin and American Flag pin.

Blue Tie/Tab

Men must wear a blue tie and women can wear the blue tie/tab. The tie/tab can be a plain blue or the USTF logo tie/tab. If you are awarded the General Choi tie or a tie from another country that is blue that can be worn. During the USTF National Championship tournaments only a plain blue or the USTF tie/tab may be worn. You may add the USTF logo pin to the plain tie/tab. The blue tie can be either the traditional tie or a clip on tie. The proper tie length should be when standing that the tip of the tie should end in the middle of the waistband or belt.



Correct Too long Too short



Plain blue tie



USTF Blue tie



Plain Blue tab



General Choi Pattern tie

White Shirt

When wearing the USTF blues you will wear a plain white shirt. The shirt can be short or long sleeves. Ensure the shirt is clean and presents a professional image. The shirt can be with or without pockets and tucked into the pants. The collar can be button down or not. It is permissible to wear a t-shirt under the white shirt, but it must be white in color. This is mandatory if your shirt is made of a light, see-through material.

Blue Pants – Belt

When wearing the USTF blues you will plain blue pants. The skirt for females is no longer authorized. The blue pants can be pleated or plain front, with or without pockets. The pants should fit correctly and present a professional image. The cuff at the end of the pants can be cuffed or not. The pants should not be too baggy nor skin tight. If your pants require a belt, the belt will be plain black or brown.

Shoes

The shoes for a USTF official during a tournament are plain white non-marking shoes. During promotion testing or special events, you may wear dark color dress shoe.

Hair Accessories/Jewelry/ID Badges/Lanyards

There will be no hats, scarves or other headgear worn with the USTF blues. Hair accessories such as fabric ties, elastic bands or barrettes should match the natural color of your hair. When wearing the USTF blues all jewelry should be kept to a minimum and maintain a professional appearance. During USTF Tournaments, referees may wear their referee identification badge denoting their referee certification and the badges are issued by the USTF. This badge can be worn on a lanyard or pinned to the shirt or jacket. The lanyard will not have any additional decorations or pins.