

TAE KWON-DO ASSOCIATION OF GREAT BRITAIN.



## **Information Pack**

Here is your beginners pack to help you on your way to becoming a part of the West of England Schools Tae Kwon-Do. Who are members of the Tae Kwon-Do Association of Great Britain, which is the largest single TAE KWON-DO group in this country.

Please read this beginners information pack carefully, it will give you a brief history of Tae Kwon-Do, and introduce you to some of the basic theory and Korean terminology, which will form the basis of your first grading.

We hope that you are enjoying your training, if there is any further information you require, please ask your instructor between sessions, or call on the number below. Good luck in your training and we hope that you will gain as much from TAE KWON-DO as your instructors and black belts have done

*Simon Lambert* 5<sup>th</sup> DAN  
Club Manager  
Email: [info@weston-tkd.co.uk](mailto:info@weston-tkd.co.uk)  
Tel: 07709 442 104

## **TAE KWON-DO OATH**



As a student of Tae Kwon-Do

I solemnly pledge

To abide by the rules and regulations of  
The Tae Kwon-Do association

To strive always to be modest, courteous and respectful  
To all members, in particular my seniors

To put the art into use only for self-defence  
or in defence of the weak

And never to abuse my knowledge of the art

## **WHAT IS TAE KWON-DO?**

It is a version of an ancient form of unarmed combat practised for many centuries in the orient. TAE KWON-DO perfected in its present form in Korea. Translated from the Korean, "TAE" literally means to jump, smash or kick with the foot. "KWON" means fist - chiefly to punch or destroy with the hand or fist and "DO" is the art, or way.

TAE KWON-DO indicates the techniques of unarmed combat for self-defence, involving the skilled application of punches, kicks, blocks, dodges and interceptions with the hand, arms and feet to the rapid destruction of the opponent.

To the Korean people Tae Kwon-Do is more than a mere use of skilled movements. It also implies a way of thinking and life, particularly in installing a concept and spirit imposed discipline and an ideal of noble re-armorment.

In these days of violence and intimidation, which seem to plague our modern societies, Tae Kwon-Do enables the weak to possess a fine weapon to defend themselves and defeat the opponent. When wrongly applied it can be a lethal weapon.

## **WHAT TO EXPECT FROM YOUR FIRST FEW SESSIONS**

By the time you have received this pack you will already be familiar with the format of the classes and what is expected of you. Tae Kwon-Do classes make no assumption on your fitness, whatever your current level may be. We will endeavour to improve it, as you are asked only to improve on your previous best.

Over the coming weeks and months you will be taught a set of skills which will not only compliment your fitness but allow you to make decisive moves to prevent others harming you, and taking control of situations.

In the first stages we will concentrate on teaching the basic movements which underpin the whole of the TAE KWON-DO system. Practice, practice and more practice make for a perfect technique

## **TENETS OF TAE KWON DO**

### **COURTESY:**

To be polite to one's instructors, seniors and fellow students. Also to try and encourage a sense of justice.

### **INTEGRITY:**

To be honest with oneself. One must be able to define right and wrong.

### **PERSEVERANCE:**

To achieve a goal, whether it is a higher grade or any technique, one must persevere.

### **SELF CONTROL:**

To lose one's temper when performing a technique against an opponent can be very dangerous and shows a lack of self-control. To be able to live, work and train within one's capability shows good self-control.

### **INDOMITABLE SPIRIT:**

To show courage; when you and your principles are pitted against overwhelming odds.

## **ABOUT YOUR INSTRUCTOR**



Simon Lambert, the Principal instructor, takes the classes in this club. He started his training in 1983 under Mr Keith Hague in Weston and eventually Master Dew at the Bristol Academy. Having had the opportunity to train with some of the countries top exponents of TAE KWON-DO, he has formed classes that are

fun & informative having something to offer every student.

Simon gained his first grades with Master Rhee Ki Ha and gained his first three Black Belts with Master Hee Ill Cho, Attaining his fifth Dan under a panel of 8<sup>th</sup> Degree examiners from the TAGB.

The club exists with the continued support from all the students and especially the black belts; without their support the club would not be as successful as it is today.

The club has taken students of all ages from 5 through to pensioners. Also the club has had great success at Regional & National level in tournaments.

## **THE SIX COLOURS OF BELTS WITHIN TAE KWON DO**

- WHITE:** Signifies innocence, as that of the beginner student who has no previous knowledge of Tae kwon-do.
- YELLOW:** Signifies Earth, from which a plant sprouts and takes foot as the Tae kwon do foundation is being laid.
- GREEN:** Signifies the plant's growth as the Tae Kwon-Do skills start to develop.
- BLUE:** Signifies the heaven towards which the plant matures into a towering tree as the training in Tae Kwon-Do progresses.
- RED:** Signifies danger, cautioning the student to exercise control, and warning the opponent to stay away.
- BLACK:** Opposite to white, therefore signifying the maturity and proficiency in Tae Kwon-Do. Also indicating the wearer's imperviousness to darkness and fear.

## **FOUNDATION OF TAE KWON-DO**

Tae Kwon-Do was inaugurated on April 11th 1955 following extensive research and development by the founder, Major General CHOI HONG HI 9th Dan and was brought to this country in 1967 by one of his students Master RHEE KE HA 8th O.C.M.

Master Dew opened the first school of Tae Kwon-Do in the South West of England on 1st Feb 1975 in RAF Locking.

The T.A.G.B. was formed in 1983. It has a council of 8 senior international Instructors. Master Dew is the south west co-ordinator

The T.A.G.B. is a founder member of T.I. (Tae Kwon-Do International). T.I is a worldwide body with representation on every continent of the globe. T.I was inaugurated on November 13th 1993. T.I. issues all of the black belt certificates and is the host body for the bi-annual world championships, the next one is scheduled for 2011 in Birmingham

The B.T.C (British Tae Kwon-Do Council) was formed in April 1988 and is the governing body for Tae Kwon-Do in this country, it is supported by the Sports Council, The T.A.G.B. are founder members

## **POINTS TO BECOMING A GOOD TAE KWON-DO STUDENT**

1. Be willing to go where the going may be tough and do the things that are worth doing even though they are difficult.
2. Be gentle to the weak and tough to the strong.
3. Be content with what you have in money and position but never in skills.
4. Always finish what you begin, be it large or small.
6. Teach attitude and skill with action rather than words.
7. Always be yourself even though your circumstances may change.
8. Never tire of learning
9. Always set an example to lower ranking students:
10. Always be loyal
11. Never be disrespectful to the instructor.
12. Promptness is a virtue
13. Never break a trust.

## **CONDUCT IN THE DOJANG**



Every student must observe the following conduct in the Dojang in order to maintain an orderly and effective training hall.

1. Upon entering the training hall, bow.
2. Bow to the Instructor at a proper distance.
3. Exchange greetings with fellow students.
4. Bow to the Instructor before forming a line prior to training.
5. Classes should only be run by experienced senior grades
5. At the end of a training session, the senior student readies the class, then everyone bows, the second senior student addresses the class then all bow to the senior student who then dismisses the class.
6. The Instructor, whatever grade, must be addressed correctly as "sir" or "Mr"
7. Upon leaving the Dojang, bow facing the training area.

## WEST OF ENGLAND SCHOOLS OF TAE KWON DO

There are now over 100 schools incorporated in the West of England Schools of TAE KWON DO. Each month new schools are being opened in our area; the southwest constitutes a significant percentage of the TAGB.

All The schools are members of the Tae Kwon Do Association of Great Britain (T.A.G.B), which is national sanctioned by the BTC, which is the national governing body for TAE Kwon Do.

Classes are run by qualified instructors who must attend regular training sessions and hold professional indemnity insurance. We are all have been CRB verified to work with young & vulnerable people

The TAGB pride themselves on the professionalism of their instructors, If you are unhappy with your instructor you may contact the Area Representative, Master M Dew at the Bristol Academy.

BRISTOL ACADEMY OF TAE KWON DO  
163a CHURCH ROAD  
REDFIELD  
BRISTOL

On payment of the monthly fee your Instructor will sig. This will entitle you to train at any of the other West of England schools of Tae Kwon Do. The closest to this school are:-

### TRAINING VENUES

#### **WESTON**

*Mr Simon Lambert*

The Campus, Locking Castle	Monday	Juniors	19:00 – 20:00
		Adults	20:00 - 21:15
Hutton Moor sports Centre	Wednesday	Juniors	19:00 – 20:00
		Adults	20:00 - 21:00
The Campus, Locking Castle	Saturday	All	16:00 – 17:15

#### **CHEDDAR**

*Ms Jane Lambert*

Kings of Wessex sports Centre	Wednesday & Fridays		
	Juniors	18:00 – 19:00	Adults 19:00 – 20:00

#### **BRIDGWATER**

*Mrs Nicky Turner*

Sydnham sports Centre	Wednesday	19:30-20:30
	Sunday	10:00-11:00

#### **BURNHAM-ON-SEA**

*Mr David Colls*

King Alfred's sports Centre			
Thursdays & Sundays		Juniors	18:15 – 19:15
		Adults	19:15 – 20:30

**REMEMBER WHEN VISITING OTHER SCHOOLS ALWAYS INTRODUCE YOURSELF TO THE INSTRUCTOR AND ASK THEIR PERMISSION BEFORE TRAINING.  
BE RESPECTFUL, BE AN AMBASSADOR FOR YOUR SCHOOL.**

## REQUIREMENTS FOR YOUR FIRST GRADING

To apply for your first colour belt grading you will have been training for at least **10** weeks with a **75%** minimum attendance record.

You also will hold a full T.A.G.B licence.

You should have read this beginner pack and be able to recognise the Korean terminology used, as this will form the basis for the theory section of your grading.

You must wear the correct T.A.G.B approved Dobok for your grading and your instructor will have taken your photograph to go on your grading record card & Licence

During the grading you will be asked to perform certain Tae Kwon-Do techniques, Your instructor will have covered them many times in class, you should be familiar with all aspects of the technique, such as body position, weight distribution and orientation as well as the practical use of the techniques.

You will be asked to perform: -

- 4 DIRECTIONAL PUNCH (BOTH VERSIONS)*
- 10 x PUSH UPS*
- 10 x MIDDLE PUNCHES IN SITTING STANCE*
- 10 x FRONT LEG RISING KICKS (BOTH LEGS)*
- 4 x WALKING STANCE LOW BLOCK*
- 4 x WALKING STANCE MIDDLE INNER FOREARM  
BLOCK, REVERSE PUNCH*
- 4 x WALKING STANCE MIDDLE OBVERSE PUNCH*

The blocks and punches will have to be performed in both forward and backward directions.

There will also be a theory section covering Korean terminology, stances..

Here are some sample questions:

Where dose TAE KWON-Do come from?

Who founded TAE KWON-DO & on what date?

Give the five tenants of TAE KWON-DO

When was TAE KWON-DO brought to this country? & by whom?

What can you tell me about walking stance?

Count to ten in Korean

- Explain what is a
- 1) Dobok?
  - 2) Dojang
  - 3) Makgi

*(These are only sample questions and reflect typical past questions and should not be expected to be the ones asked at the grading it's self.)*

**You will not be put forward for ANY grading at any time unless your instructor feels you are fully capable for passing, you must feel that within yourself you are capable of passing, and above all else you must WANT to succeed.**

## KOREAN TERMS APPLICABLE TO WHITE BELT

<b>GENERAL TERMS</b>	Training hall Training suit	DOJANG DOBOK		
<b>COMMANDS</b>	Attention Bow Ready Start Stop Return to ready Dismiss Forwards About turn	CHARYOT KYONG-YE CHUNBI SI-JAK GOMAN BARROL HASSAN APPRO KAGGI DWIYRO TORRO		
<b>SECTIONS OF THE BODY</b>	Low Middle High	NAJUNDE KAUNDE NOPUNDE		
<b>PARTS OF THE BODY</b>	Fore fist Forearm Inner forearm Outer forearm	AP JOOMUK PALMOK AN PALMOK BAKAT PALMOK		
<b>STANCES</b>	Attention stance Parallel stance Sitting stance Walking stance	CHARIOT SOGI NARANI SOGI ANNUN SOGI GUNNUN SOGI		
<b>BASIC MOVEMENTS</b>	Inner forearm block Outer forearm block Front rising kick Obverse punch Reverse punch	AN PALMOK MAKGI BAKAT PALM MAKGI AP CHAOLLIGI BARO JIRUGI BANDAE JIRUGI		
<b>EXERCISE</b>	Four directional punch	SAJO JIRUGI		
<b>COUNTING</b>	One Two Three Four Five	HANNA DOOL SET NET DASUAL	Six Seven Eight Nine Ten	YOUSAL ILGOP YODOL AHOP YOLL

**TRAINING FEES:** as from 1<sup>st</sup> Jan 2010

To attend this school and all other T.A.G.B schools in the South & South West Per calendar month	£32.00
To attend One Session per week per month	£22.00

**This rate is for those students paying by standing order, please add £3 per month for cash or cheques**

**ALL FEES ARE PAYABLE IN THE FIRST TWO LESSONS OF THE MONTH**

Family rates are available on request.

**LICENCE:**

Tae Kwon-Do Association of Great Britain	£34.00
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**GRADING FEES:**

Beginner up to and including 1st Kup	£25.00
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Grading fees include certification of attainment and where necessary the students new belt and student training manual for the first grading.

**SUITS & EQUIPMENT:**

Association training suits (Dobok) are only available through your instructor. A range of safety equipment and related items are also available, prices on application.

Dobok (suit - Poly-cotton)	0 - 2	£33.00
	3 - 6	£35.50

**Clothing:**

T.A.G.B. Tracksuits	£39.50
Black T.A.G.B. Tracksuits	£45.00
Training Overtops	£14.95
Club Sparring Suit	£40.00

**Training Manuals:**

W of E Handbook	£5.00
(free with first grading)	
TAGB audio Tape	£5.99
TAGB Handbook	£13.99

**Safety Equipment:**

*The TAGB feels the safety of its students is paramount so we only supply Quality Goods endorsed by the TAGB and the England Squad. When sparring in class, Competitions or in grading, full TAGB endorsed equipment MUST be worn.*

Hands or Feet	£26.95	Shin Guards	£13.50
Head-guards	£28.95	Gum Shield	£3.00
Groin Guard	£13.00		

There is a full price list with many other items, see your instructor for one

THIS LIST IS CORRECT AT THE TIME OF PRINTING AND CANCELS ALL PREVIOUS PRICE LISTS FOR THESE ITEMS

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