

Weston-Super-Mare TAE KWON-DO

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Thank-you for your interest in our club,

The contents of this pack will give you some basic information including

- What is Tae Kwon-Do
- What to expect from your training
- When & where the classes are
- What it will cost

We are always willing to welcome new members and would like to invite you to come and watch us on a normal training night. It's sometimes quite daunting starting something new, so we will make every effort to make you feel welcome in the club, it's one of the courtesy that we extend to everyone, and we always make time for new students

Tae Kwon-Do is a sport that is open to everyone regardless of age or gender all you need to progress through the art is enthusiasm, patience and a willingness to learn this fun and effective form of self-defence whilst gaining useful skills that you can take out of the classroom and use on the streets. We do not train people to be aggressive; through training you will develop calmness and be much more adept at composing yourself during time of stress and confrontation. Many people have found training beneficial in other areas of their daily life; besides just being fitter and stronger it will also improve your mental focus and self-esteem.

The introductory period is 4 weeks during that time you need pay nothing; if you wish to continue after that it's a simple fixed monthly fee, that's all!

We look forward to welcoming you.

Simon Lambert

5th Dan Senior Instructor & Club Manager

What is TAE KWON-DO

Literally translated from Korean "TAE" means to kick or smash with the foot, "KWON" to punch or strike with the hand "DO" is the art or way, to the translation to English would be "the art of kicking and punching"

FUNCTIONS

As a form of physical exercise Tae Kwon-Do has a great effect on all everyone, no matter what your current state of fitness it will improve. Tae Kwon-do makes no assumptions on people's general level of fitness, through a stepped series of movements and exercised you feel the benefits of regular training increasing your flexibility and cardio vascular performance.

As a martial art Tae Kwon-Do involves attacking opponents with bare hands and feet. The one distinguishing factor that Tae Kwon-Do has from other martial arts is its powerful and diverse foot techniques, which make this martial art one of the world's most powerful sports. Even though Tae Kwon-Do involves no use of weapons, it has the ability to knock down an opponent in one single blow. But, Tae Kwon-Do emphasises mastering defence techniques, which come from the Tae Kwon-Do thinking of respecting peace and justice. Tae Kwon-Do teaches practitioners to practice the attitude of self-discipline to defend oneself and never attack or defeat others.

As an educational tool Tae Kwon-Do not only improve your physical well being, but your mental state as well. Through Tae Kwon-Do a student practices the art of self-perfection and understands the techniques in pursuit of the virtue of human life. In the class the student not only develops their body, but the mind as well. With the physical exercise of stretching, strengthening, drilling and sparring, the Tae Kwon-Do student learns respect for their instructor's, senior students, classmates and themselves. A proficient student will try and live life by the 5 tenants of Tae Kwon-Do. The development and self-fulfilment and of achieving what you are capable of is in the central theme in the training of Tae Kwon-Do.

TECHNIQUES

Patterns

Patterns are a set sequence of movements against one or more imaginary opponents, each of the 24 patterns has a defined meaning and introduced new movements to the student, patterns offer the best way to judge one's capabilities as there is no one else to compete with, only oneself. The patterns start with simple movements and become increasingly more taxing on the body and mind to complete.

Sparring

This is the free form of sparring in which students practice the defensive and offensive movements learned in class. The emphasis is always on control and sportsmanship. All students are fully kited out in protective equipment to minimise the risk of injury, not to allow contact to teach other.

Competition

Tae Kwon-Do competition is divided into 3 separate disciplines, sparring, patterns & destruction. The tournaments are run at local, national & international level, the events are open to all students from yellow belt onwards. The TABG prides itself on the quality of the management at tournaments and the world beating standard of the students in the association, having won 3 of the 4 last world team

championships. Students from the club have won British & English Championships; one of our Lady Black-Belts has won a bronze in the World Championships in 1998 and again 2003!

Grading

Along with most other martial art there is a series of grading representing rank. Each student begins training as a white belt and is promoted to yellow, green, blue, red, and then finally black belt. These ranks under black belt are called Kup and range from 9th Kup (lowest) to 1st Kup (highest). In contrast, black belt is divided into 1st Dan (degree) to 9th Dan (from lowest to highest). It will take a diligent student from 3 1/2 to 5 years to attain 1st Dan Black Belt.

TRAINING

In the training school, the Dojang, there is no age, sex, or racial barriers; everyone begins their training with a white belt. The instructor allows each practitioner to progress at his or her own rate in accordance to his or her ability. During this learning the student can expect to develop strength, stamina, quickness, flexibility, co-ordination and balance. But to fully master the sport, one must also develop the important mental characteristics: patience, humility, self-control, perseverance, concentration, and respect. It generally takes years of studying and practising to reach the black belt level. As students develop skill, they are awarded coloured belts, which signify class rank.

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 affiliated to the Tae Kwon Do Association of Great Britain (T.A.G.B), and are run by qualified instructors. Each must attend regular training sessions and hold professional indemnity insurance.

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.

On payment of the monthly fee your Instructor will sign your student membership card. This will entitle you to train at any of the other West of England schools of Tae Kwon Do.

TRAINING VENUES

WESTON-SUPER-MARE

The Campus	Monday	Juniors 7:00 - 8:00 Adults 8:00 - 9:30
Hutton Moor sports Centre	Wednesday	Juniors 7:00 - 8:00 Adults 8:00 - 9:00

All classes begin promptly so please ensure that you are ready to start the class at the specified time

Should you wish to there are several other schools in the Somerset area which you are welcome to train in. It is advisable to become familiar with one instructor's class before moving to other schools.

Burnham Cheddar Yatton Nailsea Bridgwater Chew Magna Thornbury
Bristol Easton Whitchurch Clevedon Portishead Minehead
Taunton Glastonbury Williton Dulverton Somerton

Some of your Questions answered

What happens if I would like to do more TAE KWON-DO?

Well it's easy; all you have to do is turn-up at any of these classes

Monday	The Campus, Locking Castle	Juniors 7:00pm Adults 8:00pm
Wednesday	Hutton moor sports centre, Weston-s-Mare	Juniors 7:00pm Adults 8:00pm

Just wear loose comfortable clothing such as a tracksuit & tee shirt and joint in.

But I'm not fit enough!

We all have to start some where, we make no presumption on your current level of fitness, you will be asked to work to your own potential, and what ever that might be we will strive to make you a fitter, more flexible and more confident person through exercise!

What's the age ranges?

We run classes specifically for juniors, it is very difficult to generalise about the start age for juniors, where you can get a 4 year old the play the violin and a 14 year old who can't tie their own shoe laces. We normally recommend a round 7 years old is the youngest and we will not accept new students who are over 70 years old, as they tend to slow the class down a bit! So if you are between 7 and 70 you are eligible to train. All new students are reviewed after 2 months to see if how they fit into the class make-up.

Will everyone laugh at me?

Starting anything new can make you feel a little self-conscious, it is a bit like riding a bike, you may wobble around and fall of at the start but before too long it's easy and fun

How do I get to become a black belt?

If you train hard and listen to your instructors getting a Black belt is a possibility, you'll have to pass 8 separate grading over a minimum of 3 ½ years

What will it cost?

To start with there is a two-week introductory period, which is free! After that all you need do is meet the monthly training fees, which are currently £22.00 per calendar month. That will entitle you to train on one night only, should you wish to train both nights the cost is £32:00, also allows you to train anywhere else in the TAGB for no additional cost! The fees are based on payment made by standing order, if you pay by cash or cheque it will cost you a little bit more

If members of the same family train together there are significant reductions!!

How often should I train?

It's up to you, some people just train once a week, most train for both lessons and a few train all the lessons available, it's up to you.

Will I get hurt?

Definitely not! Unlike kickboxing or western boxing we practice a NON-CONTACT sport where the skilled use of distance makes sure no one is injured in class.



"Tae Kwon-Do is a martial art and sport that without the use of weapons teaches the practitioner techniques for defence and offence. Regardless of age or sex, Tae Kwon-Do teaches the practitioner to use his or her hands and feet in any defensive situation."