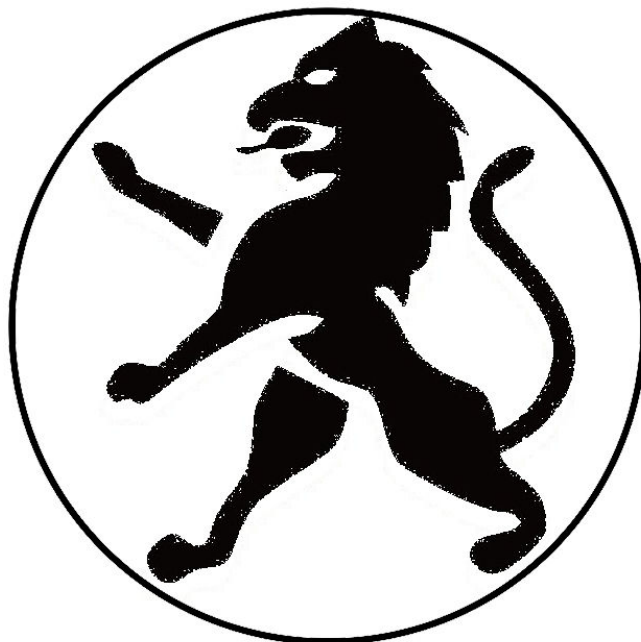


# **RUSS MARTIN'S TAEKWON-DO**



**KOREAN KARATE & KICKBOXING  
TAEKWON-DO ASSOCIATION OF GREAT BRITAIN**

## **BEGINNERS INFORMATION PACK**





## KOREAN KARATE & KICKBOXING

TAEKWON-DO ASSOCIATION OF GREAT BRITAIN

Hello, and welcome to Tae Kwon-Do! Here is a summary of what we do, and how and where we do it. If you have any questions, either ask during the class where appropriate, or before or after classes, or feel free to contact me using any of the above details.

### What is TaeKwonDo?

*TaeKwonDo is the Korean version of Karate and Kickboxing*, it is based on an ancient form of unarmed combat practised for many centuries in the Orient. TaeKwonDo became perfected in its present form in Korea. Translated from Korean, "Tae" literally means to jump, kick or smash with the foot. "Kwon" means a fist- chiefly to punch or destroy with the hand or fist. "Do" means art, way or method. TaeKwonDo uses techniques of unarmed combat for self-defence, involving the skilled application of punches, kicks, blocks, dodges and interceptions with the hands, arms and feet to rapidly defeat an opponent.

I am Russ Martin, a fifth dan black belt with the **TaeKwonDo Association of Great Britain (TAGB)**. I am a fully qualified instructor with the Association and a qualified coach with the National Coaching Federation. I am a full time professional instructor; I have been so for twenty years now. My qualifications are recognised by the Sports Council of Great Britain. For a three-year period I was the competition coach for the Bristol Academy of TaeKwonDo, during my time coaching them they won the English championships every year. Also, on many of their visits to compete in Great Britain, I have coached the South African International squad. Two of my students have become **WORLD CHAMPIONS**, one of which was an eleven-year-old girl at the time! To date, I have taught over a hundred men, women and children, some as young as nine to black belt and a few beyond.

The association you will join is the TaeKwonDo Association of Great Britain (TAGB). We are probably the single largest Martial Arts association in the world with over 25,000 members nationwide. As all TAGB schools operate to the same syllabus, should you move away from this area you will be able to pick up where you left off in another TAGB school. The TAGB is a member of TaeKwonDo International, a world - wide TaeKwonDo body, and the British TaeKwonDo Council "BTC". The BTC organises and regulates TaeKwonDo in Britain and liaises with the Sports Council.

### **The TAGB offers-**

- Regular coloured belt gradings and dan gradings
- Consistency - you can move almost anywhere in the UK and find a TAGB club teaching the same syllabus - you take your current belt qualification with you! (This cannot happen for many other, smaller associations).
- Domestic and international competitions and seminars with the worlds leading martial artists.
- **The TAGB has the most successful competition team in the world.**

### **Will I learn to defend myself? - Yes!**

The martial art that I teach is for personal self-defence in realistic situations. You will also learn some "sport martial art", but this is only a part of the whole. It is important to me that my students are able to defend themselves.

Do not expect miracles overnight - time and hard work will bring results.

### **Will I be fighting? - Yes.**

In TaeKwonDo we call it sparring. When we do so there are strict rules for safety and we wear protective equipment e.g. foam gloves, boots and head guards. When we fight we do not attempt to hurt each other. We practice what is called "touch contact", and great emphasis is put on the skilful control of powerful techniques. Injuries are rare - statistics show that it is more dangerous to play football and rugby than to practice TaeKwonDo. You will not start sparring until you are adequately prepared for it and no, the black belts will not beat you up!

### **Can I take part in competitions? -Yes.**

The TAGB holds many tournaments a year. Once you have achieved your yellow stripe belt (which usually takes three - six months) you are eligible to take part in them. I will never pressure you to take part in a tournament if you do not wish to. Some people love them and some hate them.

### **Are there exams? Yes.**

We call them gradings. They are available in Bristol every three months. For the first year and a half you can take them every three months if you have been to enough lessons and are ready. Once you are ready for your first grading you will be given more information about the grading itself - i.e. Where it is, How to get there, things you need to know etc.

After the first year and a half they are every six months. I will never pressure you to take a grading if you do not wish to do it and likewise, I will not let a student do a grading unless I consider that they are ready. **Parents beware!** Often parents expect more from their children than is reasonable. Children take much longer to learn TaeKwonDo than adults and so progress through the grades at a slower rate. Please trust me as to whether they are ready or not and please don't give me grief if I wish to slow them down a bit. Children and adults alike develop at different rates to those around them; do not compare yourself to others.

The secret of becoming a black belt is not to give up! There are ten belt colours to go through before you reach black belt; it takes approximately three and a half years.

### **How often do we train?**

The syllabus is designed for people training twice a week and each club meets twice weekly, so the answer is that you need to train twice a week. It does not matter if you miss some lessons, however in the period between gradings we are looking for at least 75% attendance overall.

That said, I have three clubs in Bristol (Southville, Whitchurch and Bradley Stoke), each of which trains twice a week, and any of my students are welcome to train at any of my clubs at no extra cost! Yes, that's six nights a week at no extra cost! Please see below for details of lesson times and locations.

## **Do I need to be fit?**

A reasonable degree of fitness is needed to practice TaeKwonDo. When most people start training they are unfit, I certainly was! You will develop the fitness that you need as the months pass. This is a gradual process, although I can promise that you will curse me occasionally due to aching limbs. It is easy to get fit when you are learning and enjoying yourself.

## **What does it all cost?**

There is a basic monthly subscription of £40 (we give a £5 discount if you pay by standing order). If you are training as a family, the first member is £40 (unless paying by standing order) second members are £35 each, third is £15, fourth is £10 and the fifth (or more!) are free! There is no weekly or by the lesson rate. There are always lessons: we train on most bank holidays and throughout the school holidays. Generally we only stop for Christmas. Even if I am ill, there will always be another instructor present in my place.

On your first night of training you should have been asked to fill out a licence application form, then once you have had your third lesson you will need to pay for your licence (i.e. I will actually put in your application to join the TAGB). This will make you a member of the TAGB and will mean that you are covered by my insurance.

The licence costs £36 and is renewable yearly. The gradings cost £26 each time; the black belt gradings cost more. The suits cost £33 for children and £36 for adult sizes (you need not purchase a suit until you are ready for your first grading). The sparring equipment varies in price, depending on what you want; you do not need to buy it all in one go, getting a bit at a time helps to spread out the cost. You need to have collected a full set by the time that you have been training for about one year, please see attached equipment order form. Please note that when ordering equipment, I do not take money for anything I supply to you until I have delivered it to you.

## **You and Tae Kwon-Do**

Tae Kwon-Do will improve your fitness, flexibility and most of all, your confidence. It will help to control or channel your aggression should the need arise. Right from the first lesson you will start to develop a whole new range of skills and capabilities with the opportunity to realise self-achievement. In these days of increasing violent attacks on women it has now, more than ever, become necessary for women to be prepared to defend themselves. More and more women are turning to the martial arts for protection and Tae Kwon-Do can certainly provide this. It is a superb form of self-defence and also a great way to keep fit and stay trim. Tae Kwon-do is safe, practical and most of all, enjoyable.

Children who can achieve self-confidence at an early age are far more likely to succeed in their adult ambitions. Tae Kwon-Do is an excellent method of instilling confidence into children and at the same time emphasising the importance of respect and discipline - whilst also raising their level of fitness. As a result of the fast and exciting nature of Tae Kwon-Do there are thousands of children participating throughout the UK and millions worldwide.

# CLUB MAPS AND TIMES

## Bristol North - Bradley Stoke

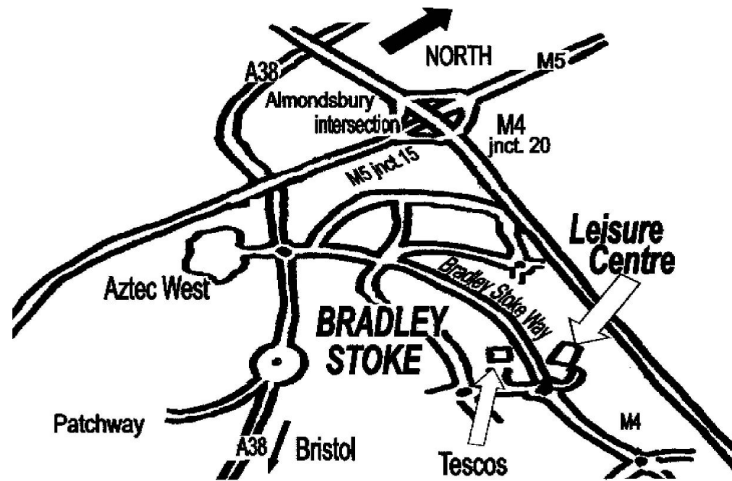
Bradley Stoke Leisure Centre  
Bradley Stoke Way.  
(Opposite Tesco's)

### **Thursdays**

Kids 6pm - 7.30pm  
Adults 7.30pm-9pm

### **Sundays**

Kids 5pm - 6.15pm  
Adults 6.20pm - 7.40pm  
Senior grades 7.45-9pm



## Bristol South - Whitchurch

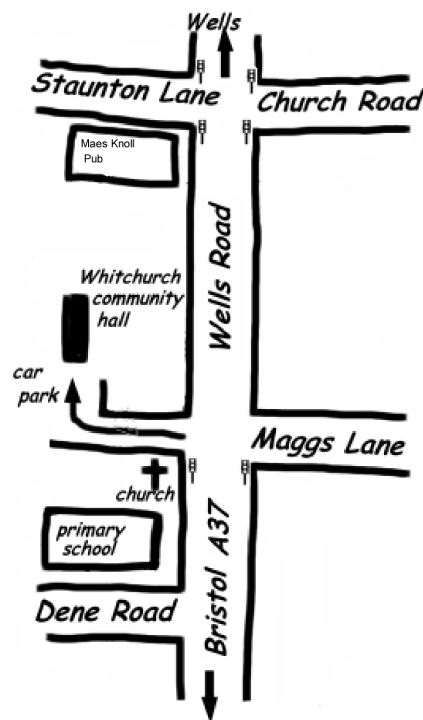
Whitchurch Community Centre  
-Just off of the A37 Wells Road.  
Opposite Maggs Lane,  
By the pedestrian traffic lights.

### **Mondays**

Kids 5pm - 6pm  
Adults 6pm - 7:30pm

### **Wednesdays**

Kids 5.30 - 6.30pm.  
Adults: 6:40pm - 7:45pm



## Bristol South - Southville

Southville Centre, Beauley Road - just off  
Coronation Road

### **Tuesdays**

Kids 4:30pm - 5:40pm  
Adults 5:50pm - 7:00 pm

### **Fridays**

Kids 5:00pm - 6:00pm  
Adults 6:10pm - 7:25 pm



# CONDUCT IN THE DOJANG (TRAINING HALL)

During training sessions you will see students 'lining up' or doing 'line work'. Students line up in what we refer to as 'grade rows', with the most senior black belt student at the front right of the class, and then moving down through the grades until you get to the white belt students at the back of the class. This is a traditional way of training and is used by most martial arts - it also means that less experienced students can watch and learn from the more experienced students in front of them! Don't worry if you can't remember where to stand to start off with, higher grade students will always be happy to help out and point you in the right direction - they don't bite! (Well, generally!!).

There are some other formalities that will be expected of you as a Tae Kwon-Do student (again, we don't expect you to remember all of this straight away!):

It is traditional that instructors and higher-grade students from blue belt and above should always be referred to as 'Sir' or 'Ma'am' during training sessions. This reflects the military foundation of the art.

Students are also expected to observe the following conduct in the dojang (training hall) in order to maintain an orderly and effective training hall:

1. Bow upon entering.
2. Bow to the instructor at a proper distance.
3. Exchange greetings between students.
4. Bow to the instructor upon forming a line prior to training.
5. Bow to the instructor upon forming a line prior to dismissal.
6. Bow before leaving the dojang.

Again these formalities are a tradition that reflects the art's military foundation, and you may feel a little odd doing it at first, but you do get used to it!

# RULES AND REGULATIONS

1. All students must be in possession of a TAGB membership, licence and record card after their first grading.
2. Subscriptions to be paid by standing order before the 15<sup>th</sup> of the month. Failure to do so (or students preferring to pay by cash or cheque) will incur a £5 administration fee. The build up of arrears is *not accepted*.
3. Any student not attending lessons and not paying subscriptions for a continuous period of two months or more shall pay a re-enrolment fee before being allowed to recommence training.
4. No smoking, eating, drinking or wearing of jewellery, rings etc., in the dojang is permitted.
5. Whilst wearing a dobok, *no smoking* is permitted regardless of the place, (dojang, tournament, demonstration etc.).
6. When eating or drinking whilst wearing a dobok, your belt must be removed.
7. After your first grading a dobok must be worn during training in the dojang, the wearing of tracksuits or other clothes is not permitted. (If you forget an item, speak to the instructor prior to commencement of the class).
8. If the instructor is late, the most senior student will start the training session promptly on time, until the instructor arrives.
9. Misuse of the art will result in disciplinary action.
10. Grading will depend on attendance (generally a minimum of 75% based on training a minimum of two nights a week is expected) and the instructor's discretion as well as technical ability.
11. No student may officially change schools without the prior permission of both instructors concerned.
12. All students must purchase a *students handbook* after their first grading.
13. All students must complete and sign the relevant forms prior to their first grading.

# HOW TO FILL OUT THE LICENCE APPLICATION FORM

This is the triplicate form that is stapled to the back of this beginner's pack, which enables you to join our association - the TAGB, and covers you for insurance purposes.

**\*\*Please note, you need to fill the form out in CLEAR BLOCK CAPITALS - if the form is illegible it will be returned and you will remain unlicensed.**

1. Tick 'New Application' or "renewal" if renewing.
2. Tae Kwon-Do School - if you train in Whitchurch please write '**Bristol South**' or Southville please write '**Bristol South B**'. If you train in Bradley Stoke, please write '**Bristol North**'
3. Ignore (leave blank) previous ID, licence number and expiry date.
4. Grade, write **10<sup>th</sup>** and circle the word **kup**.
5. Circle **senior** if you are 16 years and over or **junior** if you are under 16 years.
6. Circle **male** if you are a boy or a man or circle **female** if you are a girl or a woman (!)
7. You must put a tick by any of the disorders if you suffer from them or write any others that are not listed.
8. Please write any physical injuries or disabilities.
9. Leave date commenced training blank; I have this on my records. Leave blank Date of last grading.
10. **Fore names**. What you write here is what will appear on you certificates and licence. Write down what you want! It is what you will get.
11. **Write your surname**, this is your last name; it will probably be the same as one of your parents.
12. I must have your full address, including the postcode. This is where you live and would receive post (please let me know in writing if this changes).
13. I must have your home phone number, also, if you can give a work number, this can help me to get hold of you in the case of needing to let you know something that has come up unexpectedly, e.g. - class cancelled.
14. **Occupation**, please let me know what you do.
15. **You must give me your date of birth.**
16. Where the form says "have you received your insurance details?" or "have you seen your insurance details?" You must tick **YES**, because they are included in this pack - if you tick no, the form cannot be processed, and you may miss the grading!
17. The form must be signed, by parents if the student is under 18 years or by the student if over 18 years.
18. **If the form is incorrectly filled out, it will be returned to you! You then may not be licensed in time to take your grading.**

I do understand that these instructions make it sound as if it is utter idiots that are applying to join but if you had seen some of the forms that I have had returned over the years, you would understand!

## **BTC MARTIAL ARTS INSURANCE DETAILS**

So where it says on the TAGB application form "Have you received your insurance details", you can tick YES.

The British TaeKwonDo Council has secured on a member to member basis a physical accident and third party liability insurance for all of it's members. Features include the following benefits -

Death = £25,000

Total loss of sight in both eyes = £25,000

Total loss in one eye = £25,000

Loss of two limbs = £25,000

Loss of one limb = £25,000

Total loss of one eye and one limb = £25,000

Permanent disablement = £25,000

Temporary disablement = £5 per week per insured person under sixteen years of age. £60 per week per person insured over sixteen years of age. This is payable during such disablement but not beyond fifty-two weeks from the date on which the injured person became disabled.

**Elimination period - 14 days**

Third party liability - limit of liability, £1,000,000

**RUSS MARTIN'S TAEKWON-DO CLUB MEMBERSHIP FORM**

**must be in block capitals and legible!**

**Please can you fill in this form and hand it to Mr Martin, thank you.**

Club: Bristol North (Bradley Stoke)\_\_\_\_\_ Bristol South A (Whitchurch)\_\_\_\_\_

Bristol South B (Southville)\_\_\_\_\_ (Please tick!)

Title:\_\_\_\_\_ First Name:\_\_\_\_\_ Surname:\_\_\_\_\_

Address:\_\_\_\_\_

Postcode: \_\_\_\_\_

Telephone numbers: Home: \_\_\_\_\_

Work: \_\_\_\_\_ Mobile: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

**Contact in case of emergency during class - Name of Contact:** \_\_\_\_\_

Relationship to Student: \_\_\_\_\_ Phone Number: \_\_\_\_\_

(This must be a number where we can get hold of the contact in an emergency - i.e. student taken ill.)

**How do you pay for your TaeKwonDo? Cash or Cheque Payment Tick Here:** \_\_\_\_\_

Standing Order Details:

Bank Account in name of: \_\_\_\_\_ Many parents or grandparents have a different name to that of the student who is training - e.g. parent Bloggs paying for student Smith! We need to know about this or we'll be nagging you for money!

Reference Code or Number: \_\_\_\_\_ (This should appear on your bank statement next to the payment amount). Please note, some students have set their payment reference up to be R.Martin - this isn't a lot of help to me, as I don't know who it's from! The reference should be the students name, not mine! If this is you, please could you change it!

Date of Payment: \_\_\_\_/\_\_\_\_/\_\_\_\_ (i.e. the date the last payment came out of your account).

If this payment is for several students, please tick here \_\_\_\_\_

Please confirm that you have applied for your annual TAGB licence (filled in the triplicate application form and paid £36: tick here \_\_\_\_\_ (please note this sum is in addition to the monthly subscription fee and is payable once a year)

Signed (by parent or guardian if under 18).....Date.....

For parents of children under 16: I hereby give my consent that photographs taken of my child during TaeKwon-Do sessions may be used on promotional materials and on the website [www.tkdbristol.com](http://www.tkdbristol.com), I understand that no name will be shown next to the photograph.

Signed:.....Date:.....

It would be helpful for us to know how you found out about our TaeKwon-Do club - we would be grateful if you would take the time to tell us here, thank you.

.....



# TAEKWON-DO EQUIPMENT ORDER FORM (2009)

Student Name: \_\_\_\_\_ Date: \_\_\_\_\_

Contact Telephone number: \_\_\_\_\_

TKD School: Bristol North  Bristol South A  Bristol South B   
 (Whitchurch) (Southville)

**PLEASE NOTE: We do NOT accept money in advance - pay for it when you get it!**

DESCRIPTION	QTY	SIZE	PRICE	TOTAL	Office Use Only CP	Date Collected	Date Delivered
WHITE DOBOK			000 - 2 £33 3+ £36				
BLACK BELT DOBOK			00 - 2 £36 3+ £38				
GROIN GUARD			£15.50				
GUM SHIELD			£2.50				
FEET			£25.50				
HEAD			£29				
HANDS			£25.50				
SHINS			£20				
PIZZA PAD			£15.50				
STRING BAG			£10				
TRAINING HOLDALL			Junior £18 Adult £20				
TRAINING HANDBOOK			£5				
TAGB COLOURED BELT BOOK			£25				
BLACK CLUB HOODIE			£30				
BLACK CLUB ZIPPIE			£32				
CHILD'S HOODIE			£25				
CLUB SUIT			£40				

**GRAND TOTAL**

<u>Office Use Only</u>			
CP: _____	Total: £ _____	Payment Received: _____ / _____ / _____	Cash <input type="checkbox"/> Cheque <input type="checkbox"/>
Date Delivered: _____ / _____ / _____		Initials: _____	