

RUSS MARTIN'S TAEKWON-DO



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

**STARTER'S
PACK**

RUSS MARTIN'S

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TAEKWON-DO

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KOREAN KARATE & KICKBOXING

TAEKWON-DO ASSOCIATION OF GREAT BRITAIN

Dear Student or Parent,

Now you have been training with us for a few weeks it's time for us to make sure you're aware of certain rules and information (see the attached sheets), and to provide you with the information you'll need to prepare you or your child for your first grading!

The coloured belt gradings are the exams you take in order to progress to the next coloured belt in TaeKwon-Do. Beginner students at TaeKwon-Do are given the rank of 10th kup (white belt), after passing the first grading they then become 9th kup (white belt with yellow stripe, also known as yellow tag). This progresses through the belt colours (with a half way stripe/tag stage for each) all the way to 1st kup at which point the black belt grading is undertaken. The whole process if done at full speed (not missing any gradings) can take as little as three and a half years (though generally takes longer!).

For each belt colour there is a syllabus of practical TaeKwon-Do skills and knowledge to attain AND there is also some theory. The theory is a mixture of some Korean (e.g. names of body parts or TaeKwon-Do techniques), learning the tenets of TaeKwon-Do, or some important Korean history (each grade teaches important values demonstrated by important historical Korean figures). Due to time constraints within class we cannot spend much time on the theory - you've guessed it, there's homework! For the first grading we provide you the theory you need in this document (please keep it safe!). You need to learn it all! For children up to the age of ten there is a separate theory sheet - please ask us for one. After your first grading you will need to buy our blue theory book (£5 - please ask us for one). The information in this book is laid out by grade, and I recommend you start learning the theory for your next grade in plenty of time!

Before each coloured belt grading there will be a pre-grading held during normal class (usually in the week before the week of the grading). The pre-grading is a mock exam that qualifies you for entry to the real thing. Three pre-gradings are held in total - one each in Hengrove, Southville and Bradley Stoke. The dates of the pre-gradings will be displayed on the A-frame at class and also on the website www.tkdbristol.com/news-pregrading. Please do not assume that you (or your child) have passed automatically; if you're unsure, ask me! Attending and passing a pre-grading is compulsory in order to be entered into the coloured belt grading itself; if you miss all of the pre-gradings you will not be able to grade. Please also note that payment for coloured belt gradings is taken ON THE NIGHT OF THE PRE GRADING - once you have been told you have passed - make sure you bring payment with you! The grading costs £26 - cash or cheque made payable to 'Bristol TaeKwon-Do Schools' please.

There are a few more pre-requisites which need to be fulfilled prior to entry to the grading itself:

You Must:

- ◆ Have a white TAGB dobok (training suit). If you (or your child) don't yet have one, an order form is attached – please ask me, I may already have a suit to fit, if not I will need to buy one for you. If you are unsure of the size needed, again ask me.
- ◆ Have paid your current month's subscriptions. Have you set up a standing order? If not, a form is attached for you to fill in and give to your bank, or you can use the details to set up a regular monthly payment of £35 using online banking. If this has not yet been done and your first free month is up, you need to pay us (cash or cheque) £40 for each month you have trained so far (after the first free month) if you have not already done so.
- ◆ Have applied for a TAGB licence – filled in the application form (this is the triplicate TAGB form not the checklist form at the back of this pack) and paid the £36 (if paying by cheque, this must be made out to '**Bristol TaeKwonDo Schools**'). Please note, this covers you for twelve months – and is **renewable** in eleven months' time. We do **not** automatically contact each student to remind them that their licence is due for renewal as it would take too much time out of each lesson – instead, licences due for renewal are listed on our website and on the A-frame displayed in class. I would ask that you make a note in your diary for eleven months time (licences are renewed after eleven months to ensure continuous cover) to check our website at www.tkdbristol.com/licences to see if your name (or your child's name) is on the list. A form needs to be filled in and returned each time you renew. If you forget and the licence lapses, the TAGB levies a £5 fine making renewal cost £41. We do however accept renewals in advance – and yes, we accept post-dated cheques!
- ◆ Have taken **and passed** a pre-grading.
- ◆ Return the application form to join Russ Martin's Schools of TaeKwonDo (attached) and the first grading form (also attached) – on pre-grading night.
- ◆ Give me four passport photos, **with the student's name on the back of each one.**
- ◆ And finally, you will need to pay for the grading – cost £26. If you are paying by cheque, cheques must be made out to '**Bristol TaeKwonDo Schools**'. **Please be prepared to pay this money on the night of the pre-grading – if you haven't paid for the grading on that night then you will not be entered to grade and will have to wait three months until the next grading.** This is non-refundable; this means that if you fail to turn up or fail the grading the money cannot be refunded. If however, you are ill, and give me 48 hours' notice, I can withdraw you from the grading and money can be returned.

TAEKWON-DO RULES

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 15th 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.

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!

Guide to Coloured Belt Gradings

The grading will start at 6.30pm (It's ideal to arrive at around 6). It is unacceptable to turn up late and will be likely that you will not be able to take the grading: The grading fee will be forfeit. Traffic and parking in Redfield is difficult, leave early!

Grading Etiquette

- ◆ No Smoking anywhere around the Academy (and *definitely* not whilst wearing a dobok).
- ◆ **NO Eating or drinking** with your belt on and definitely not at all upstairs in the dojang, this goes for non-grading guests as well!!
- ◆ No swearing.
- ◆ No talking in the dojang during the grading (or on the stairs leading to the dojang).
- ◆ After you arrive at the Academy, you will change (gents, there is a downstairs toilet, ladies go upstairs and through the dojang to get to the toilets – please remove your shoes before walking through the dojang). Then go to the Dojang and wait for the grading to start (a good time for a last practice and warm up).
- ◆ Bow every time you enter and leave the dojang (the upstairs training area).
- ◆ You will be called to line up (grade rows) please do this quickly!
- ◆ Your grading examiner will be Master Dew; he is an eighth Dan examiner, and is vice-chairman of the TAGB, head of the West of England TaeKwon-Do (and is also my instructor!).
- ◆ I will bring Master Dew in; we will all come to attention and clap.
- ◆ We bow to him and then are asked to sit down at the back, **sit only on the carpeted area**, not the polished floor, because this is where the students will be performing.
- ◆ When your name is called, stand immediately and **shout**, “**Yes Sir**”. You will be told which position to go to (a number on the floor – your patterns should start and end with you standing on that number). Go there immediately, turn around (face away from the table) and adjust your suit. Face the table **in the parallel ready position** (chunbi). You will be asked to identify yourself: stand to attention (feet together), raise your right hand and say loudly your name and grade e.g. “Arthur Brain, tenth kup Sir” then return to chunbi.
- ◆ Follow the commands that Mr Martin gives; both listen and watch. If you are in the grading, you will be adequately prepared for it and know what to expect.
- ◆ After the physical part of the exam, you will be asked to move to the side table for questions; stand to attention in front of the examiner, bow when requested, stay at attention until dismissed and address the examiner as ‘Sir’ or ‘Ma’am’. Question sheets to study are attached to the back of this pack, or for children will have been given separately.
- ◆ **When you have been asked to sit down, do not leave and go home. Your grading is not formally over until everyone has been formally dismissed. In the past, some people have forfeited their pass by leaving early.**
- ◆ You will not be given your results on the night. People who have done exceptionally well are awarded an “A pass” on the night. Just because you are not called to receive an “A pass” does not mean that you have failed. None of my students have ever failed a coloured belt grading **and you will not be the first!** Only outstanding students receive their result on the night.
- ◆ Please be aware that there are **no spectators** allowed in the dojang – parents, partners and friends will have to wait downstairs (bring a book!).

How to find Bristol TaeKwon-Do Academy And Redfield Leisure Centre



163a Church Road, Redfield, Bristol. Phone- Bristol (0117) 9551046
The Academy is a large white building, set back from the road, behind raised railings. There are large signboards identifying it. It is on the A420 signposted towards Kingswood and Hanham from the Lawrence Hill roundabout. It is on the left, just past a pub- the Old Stilage and a “Miss Milly’s” chicken takeaway. If you get as far as Tesco’s, you have passed it by about 400 metres.

Arrive early because parking is difficult!

Please take note: The Bristol TaeKwon-Do Academy is the headquarters not only of our association, the TAGB, but also of TaeKwon-Do International, our parent world-wide body, and as such we like to treat it with respect – especially upstairs in the training hall (dojang). No eating or drinking is allowed in the dojang. Students taking the grading, including children, cannot leave until they have been formally dismissed – please listen for instructions on the night. If you have other children with you during the grading (i.e. not taking part in the grading), it is your responsibility to supervise them at all times. Thank you.

TAEKWON-DO THEORY

All Korean is pronounced as it is written. When in doubt, ask your instructor.

Tae Kwon-Do means – **Tae** – jump kick or smash with the feet, **Kwon** – punch or strike or destroy with the hands, **Do** means art, method or way.

Tae Kwon-Do loosely translates as the method of fighting with feet and hands or “the foot and hand way”.

The five **tenets** of Tae Kwon-Do are (you only need memorise the name of each tenet, not its explanation, though it would be beneficial to children if parents would help to explain the tenets and meanings)–

COURTESY: To be polite to one's instructors, seniors and fellow students.

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 not stop trying; one must persevere.

SELF-CONTROL: To lose one's temper when performing techniques against an opponent can be very dangerous and shows lack of 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. N.B. The acronym **CIPSIS** may help you remember!

There are six **belts** in Tae Kwon-Do: White, Yellow, Green, Blue, Red and Black.

White belt signifies **innocence** and that the wearer has no previous knowledge of Tae Kwon-Do.

Yellow belt represents **the earth** in which the roots of Tae Kwon-Do grow.

Tae Kwon-Do originated in **Korea**.

The father and founder of Tae Kwon-Do was
Major General Choi Hong Hi 9th Dan.

Tae Kwon-Do was inaugurated (formally started) on **April 11th 1955**.

Tae Kwon-Do was introduced to Great Britain in **1967**.

The T.A.G.B. stands for the **Tae Kwon-Do Association of Great Britain**.

Your instructors' name and grade is **Mr Russ Martin** 6th Dan Black Belt.

KOREAN TERMS APPLICABLE TO WHITE BELT (10th KUP).

PARTS OF THE BODY

Forefist..... ap joomuk
Forearm palmok
Inner forearm an palmok
Outer forearm bakat palmok

STANCES

Stance soggi
Attention stance..... charyot soggi
Parallel stance narani soggi
Sitting stance annun soggi
Walking stance gunnun soggi

BASIC MOVEMENTS

a. Defensive

Block makgi
Inner forearm block an palmok makgi
Outer forearm block ... bakat palmok makgi
Front rising kick ap chaolligi

b. Offensive

Punch jirugi
Obverse punch baro jirugi
Reverse punch bandae jirugi

c. Exercise

Four directional punch sajo jirugi

GENERAL TERMS

Training hall..... dojang
Training suit..... dobok
Belt ti

COMMANDS

Attention..... chariot
Bow kyun-ye
Ready..... chunbi
Start si-jak
Stop gomman
Return to ready barro
Dismiss haessan
Forwards apro kaggi
Backwards dwiyro kaggi
About turn..... dwiyro torro

COUNTING

One hanna
Two dool
Three seth
Four..... neth
Five..... dasaul
Six yosoul
Seven ilgop
Eight..... yodoll
Nine..... ahop
Ten..... yoll

SECTIONS OF THE BODY

Low..... najunde
Middle kaunde
High..... nopunde

Sample questions for first grading

What does TaeKwonDo mean?

What are the five tenets of TaeKwonDo?

How many belts are there in TaeKwonDo?

Name the belts of TaeKwonDo.

What does the white belt signify?

What does the yellow belt signify?

Where did TaeKwonDo originate?

What are the stances called in Korean? E.g. Walking, sitting, attention and parallel stances.

What are the blocks called in Korean? E.g. Inner forearm block and outer forearm block.

What is punch in Korean?

What are the three sections of the body called in Korean?

What is the attacking tool for a punch called in Korean?

Who was the father and founder of TaeKwonDo?

When was TaeKwonDo inaugurated?

When was TaeKwonDo introduced to Great Britain?

What does T.A.G.B. stand for?

What is your instructor's name and grade?

For children, learning the various dates can be hard work, for younger children (5 – 10) there is a separate questions sheet which they can refer to, please ask and I will let you have one or you can download one from our website at www.tkdbristol.com/downloads. Older children (or child from blue belt and above) can be asked for any of the questions from this sheet or from the blue handbook (up to and including their current grade). For children I would suggest they start by learning the Korean terminology and meanings of patterns first and *then* moving on to memorising any dates! For adults however there are no excuses. These questions can be asked at any grading during your TaeKwonDo career so it is best to learn them thoroughly now. For each new grade there is new material to learn (you will need to purchase a copy of the blue handbook following your successful promotion to 9th kup!).

Calendar of Events 2015

dates subject to change - up to date calendar is on the website www.tkdbristol.com

Coloured Belt Gradings 2015

Thursday 22nd January, Bristol Academy, 6:30pm

Wednesday 15th April, Bristol Academy, 6:30pm

Thursday 9th July, Bristol Academy, 6:30pm

Wednesday 7th October, Bristol Academy, 6:30pm

Competition Information 2015

February 1st, 40th Anniversary South West Championships, Hutton Moor L.C. Weston-Super-Mare

March 15th, English Championships, The University of Worcester Arena, Worcester

April 12th, BTC Junior and Ladies Tournament, The University of Worcester Arena, Worcester

May 9th-10th, Canadian Open Championships, Lethbridge, Alberta, Canada

May 24th, Welsh Championships, University of Wales Institute, Cardiff

September 12th, Scottish Championships, Ravenscraig Sports Centre, Motherwell

October 3rd, Southern Championships, Torbay Leisure Centre, Paignton

November 29th British Championships, Derby

Camps/Parties/Events - all grades

Junior Summer Camp: **17 - 19th July**, Huish Woods, Taunton

Cadet Summer Camp: **24th - 26th July**, Veryan, Cornwall

Adult Summer Camp: **25th July - 1st August**, Veryan, Cornwall

Club Closures - No Training on These Dates:

Easter Weekend – Good Friday (3rd April) Easter Sunday (5th April) Bank Holiday Monday (6th April),

August Bank Holiday Weekend – Friday 28th, Sunday 30th & Monday 31st August.

WEBSITE: www.tkdbristol.com EMAIL: Russ@tkdbristol.com

PHONE: 0117 339 0069 MOBILE: 07778 421875

FACEBOOK PAGE: www.facebook.com/BristolNorthSouthTaekwonDo - 'like' our page to keep up to date with events etc. AND we have a

FACEBOOK GROUP: www.facebook.com/groups/tkdbristol/ for currently training students (and parents) ONLY – great for sharing training tips or organising social events or lifts to competitions! AND we're on TWITTER: @TKDBristol – especially handy during competitions where we will try to tweet results as we get them!

FIRST GRADING ENTRY FORM

Please fill this in and return it to Mr Martin on pre-grading night.

Name.....(BLOCK CAPITALS) **Height:**(cm)*

Club Bristol North (Bradley Stoke)	<input type="checkbox"/>
Bristol South – Hengrove	<input type="checkbox"/>
Bristol South – Southville	<input type="checkbox"/>

I wish to take my first grading on _____.

Do not give me this form unless you can tick all of the following boxes:-

I have applied for a TAGB licence (filled in the triplicate licence application forms - NOT this form, **and** paid the £36 annual fee).....

I have filled out the application form to join Martin’s Schools of TaeKwonDo (again, not this form!).....

I have paid the current month’s subscriptions.

I have a white TAGB dobok (training suit).....

I have taken and been told that I have passed the pre-grading.....

I have enclosed 4 passport photos (with names on the back).....

I have paid for the grading, £26. (made payable to ‘Bristol TaeKwonDo Schools’ or B.T.S.).....

I understand that cheques for the monthly subscriptions are made payable to Russ Martin and *cannot* be included in the licence and grading cheque....

The above requirements have been fulfilled and I wish to apply to take the grading.

Signature..... **Date**.....
(Student or Parent if under 18)

***This Information is required for ALL students and MUST be in centimetres please.**

RUSS MARTIN'S TAEKWON-DO CLUB MEMBERSHIP FORM

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

Club: Bristol North (Bradley Stoke)_____Bristol South A (Hengrove)_____

Bristol South B (Southville)_____ (Please tick!) DOB:___/___/_____

Title:_____First Name:_____Surname:_____

Address:_____

_____Postcode: _____

Height(cm)_____ Telephone numbers: Home:_____

Work:_____ Mobile:_____

E-Mail Address:_____

Contact in case of emergency during class – Name :_____

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:_____

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 or Taekwondo – this isn't a lot of help to me, as I don't know who it's from! The reference should be the student's 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_____

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, I understand that no name will be shown next to the photograph (optional).

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 (2011)

Student Name: _____ Date: _____

Contact Telephone number: _____

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

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

<i>DESCRIPTION</i>	<i>QTY</i>	<i>SIZE</i>	<i>PRICE</i>	<i>TOTAL</i>
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	
*BLACK CLUB HOODIE S-XXL			£28	
*CHILD'S HOODIE 5/6 7/8 9/11 12/13			£22	
*BLACK CLUB ZIPPED HOODIE S-XXL			£30	
*CHILD'S ZIPPIE 5/6 7/8 9/11 12/13			£24	
*BLACK CLUB POLO SHIRT S-XXL			£20	
*CLUB SUIT (Adult class only) 2-7			£40	
*BLACK CLUB FLEECE JACKET S-XXL			£34	

GRAND TOTAL

Office Use Only

CP: _____ Total:£ _____ Payment Received: _____/_____/_____ Cash Cheque

Date Delivered: _____/_____/_____ Initials: _____