

RUSS MARTIN'S

51 CHURCH ROAD, WINSCOMBE
NORTH SOMERSET BS25 1BP
TEL: 01934 843028
MOB: 07778 421875



TAEKWON-DO

WEBSITE: WWW.TKDBRISTOL.COM
E-MAIL: RUSS@TKDBRISTOL.COM

INFORMATION FOR TAEKWON-DO NEW STARTERS

- Please visit our website www.tkdbristol.com to see our Covid Information Page.
- Training in Taekwon-Do is based on training TWICE a week – with no exceptions (see our website for class times and locations – it's usually fine to mix locations – though post covid we ask you to check with Mr Martin before mixing locations). We train all year, stopping only for Easter, August bank holiday and Christmas. Any class cancellations for holidays will be listed on our calendar on the website, and also on our Facebook group.
- We take children from the age of 6 (the children's classes are for ages 6 to approximately 12).
- Training costs £43 a month by standing order (see attached form) or £48 per month cash or cheque. The first month is a free try-out period – at the end of that month you will need to set up a monthly standing order (please note, this is NOT a direct debit – we have no control over these payments).
- If you or your child has an injury, medical problem or any issues which may affect your training, please discuss this with Mr Martin prior to training.
- We train in bare feet, please remove ALL jewellery/watch (piercings which cannot be removed must be covered with a plaster). Please ensure trousers are not so long that they may slip under bare feet.
- Bring a drink! We aim to get you hot and sweaty! Though if you need a drink during class, please ask.
- Training starts promptly – please arrive before the class starts (or expect extra press-ups!). Persistent lateness shows a lack of respect for your instructor and your fellow students.
- Please ensure children have gone to the toilet before the class starts.
- If this is your first session, please ensure you fill in a 'Student Club Membership Enrolment and Licence Application Form' – this licence will cover you for insurance purposes. The licence costs £38 per annum and is renewed yearly. Once you have been training for a couple of weeks (and hopefully have decided to stay!) we ask that you pay this £38 by banking transfer, or cash or cheque payable to 'Bristol Taekwon-Do Schools' (see the 'banking details' sheet for payment details).
- You do not need one of our white suits ('dobok') straight away, but once you are ready please ask us and we will get you one – suits cost £36 - £38. You must have a white dobok in order to grade.



- When you are ready (usually after a few months training) you will start our touch contact sparring – to do this you will need a full set of our sparring kit which costs between £124 (female kit) and £146 (male kit).
- Both the dobok and sparring equipment MUST be instructor approved kit (get it from us – if in doubt, please ask before purchasing kit).
- There are five belt colours (white, yellow, green, blue and red) before black belt. There are half way stages between each belt which we call ‘tags’ e.g. yellow tag. To get the next belt colour you will do an exam called a grading – these gradings take place in both Bradley Stoke and Ashton Park clubs and are available every three months (though children generally take longer between grades). Each coloured belt grading costs £28. It takes a minimum 3.5 years to attain black belt. Dates of coloured belt gradings throughout the year are shown on our full calendar of events on our website.
- There is a core syllabus of practical TaeKwon-Do AND some Korean theory to learn for each coloured belt grading! Children up to age ten are given much less theory to learn, but the TaeKwon-Do syllabus is the same as for adults. Please speak to Mr Martin about obtaining a student handbook.
- If you have questions (not directly related to the TaeKwon-Do itself!) please speak to Mr Martin before or after class – please avoid interrupting classes.
- There are regular local and national competitions which are open to our students throughout the year (once you have passed your first grading). Information on how to enter will be available to download from our website, where you can also find a full calendar of events for the whole year.
- For more information, see our website www.tkdbristol.com – I also recommend you sign up for our email newsletters once you’re there (you can unsubscribe at any time) – though you may need to check your spam folder! The website also has a comprehensive syllabus section (with videos!) to help with your learning and revision.
- We also have our own Facebook page: www.facebook.com/BristolNorthSouthTaekwonDo - ‘like’ our page to keep up to date with events etc.
- AND we have a Facebook group – for currently training students (and parents) ONLY – great for sharing training tips or organising social events or lifts to competitions! www.facebook.com/groups/tkdbristol/ please answer the questions to join.
- AND we’re on Twitter too! Follow @TKDBristol to keep up to date – especially handy during competitions where we will try to tweet results as we get them!

