



Beginners
Information Pack
10th Kup - White Belt



WHAT IS TAE KWON DO?

TAE KWON DO is the Korean Art of self-defence and means 'Art of Hand and Foot Fighting'. It is a version of an ancient form of unarmed combat practised for many centuries in the Orient. Tae Kwon Do came to be perfected in its present form in Korea. Translated from Korean, Tae literally means to jump, kick or smash with the foot. 'Kwon' denotes a fist, chiefly to punch or destroy with the hand or fist. 'Do' means art, way or method. Tae Kwon Do indicates the technique of unarmed combat for self-defence, involving the skilled application of punches, kicks, blocks, dodges and interception 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 physical use of skilled movements. It also implies a way of thinking and life, particularly in instilling concept and spirit of strict self-imposed discipline and an ideal of noble moral rearmament.

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 himself or herself and defeat the opponent as well. When wrongly applied it can be a lethal weapon

Even if Tae Kwon Do is practised for exercise alone, the enjoyment derived will justify the time invested and spent. As an exercise it is equally suitable for old as for the young, for men and for women

FOUNDER OF TAE KWON DO: RETIRED MAJOR GENERAL CHOI HONG HI (9th DAN)

CHIEF INSTRUCTOR (NORTH OF ENGLAND): MR KENNY WALTON (8th DAN)

INSTRUCTOR: MR MATHEW FRIAR (3rd DAN)

Our Tae Kwon Do Academies are affiliated to the TAGB (Tae Kwon Do Association of Great Britain) which is a founding member of the BTC (British Tae Kwon Do Council) and is governed by Sport UK ensuring safe professional tuition at all times.

The TAGB is the largest single martial arts association in Europe with over 600 clubs in the UK and approximately 25000 students.

Tenets of Tae Kwon Do: What we aim to achieve with training:

1. COURTESY: polite behaviour
2. INTEGRITY: honesty
3. PERSEVERANCE: to continue trying
4. SELF-CONTROL: to restrain oneself
5. INDOMITABLE SPIRIT: unyielding

COUNTING:

One Hana
Two Dool
Three Set
Four Net
Five Dasut

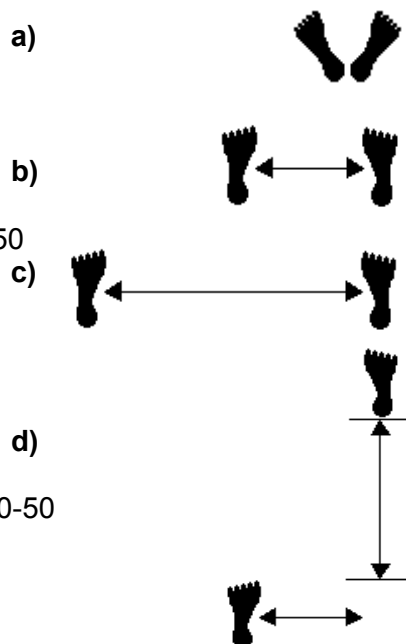
Six Yasut
Seven Ilgope
Eight Yardol
Nine Ahope
Ten Yaul

WHITE BELT: The colour white signifies innocence as that of a beginning student who has no previous knowledge of Tae Kwon Do.

YELLOW BELT: The colour yellow signifies earth from which a plant sprouts and takes root as the Tae Kwon Do foundation is being laid.


BASIC STANCES

- a) Attention Stance (Charyot Sogi)
Heels together, toes apart.
- b) Parallel Ready Stance (Narani Junbi Sogi)
One shoulder width apart, toes in, weight 50-50
- c) Sitting Stance (Annun Sogi)
One and a half shoulder widths apart, toes in, Weight 50-50 knees bent
- d) Walking Stance (Gunnun Sogi)
One shoulder width wide, one and a half shoulder widths long, weight 50-50 front knee bent back leg straight





Basic Stances

Start Position	Finish Position
	
<p>Move left leg to right leg</p>	<p>Attention Stance</p>
	
<p>Move left leg out</p>	<p>Ready Stance</p>
	

	
Move left leg out	Sitting Stance Front & Side Views

Basic Stances Continued

Start Position	Finish Position
	
<p>Ready Stance</p>	<p>Walking Stance</p>
	<p>Front & Side views</p>

SAJU JURIGI – FOUR DIRECTIONAL PUNCHING

An exercise to develop basic stances blocks and punches in a set pattern of movement.

PUNCHING

- | | |
|------------|-------------|
| Front fist | - JURIGI |
| Obverse | - AP JOOMUK |
| Reverse | - BARO |
| | - BANDAE |

BLOCKING

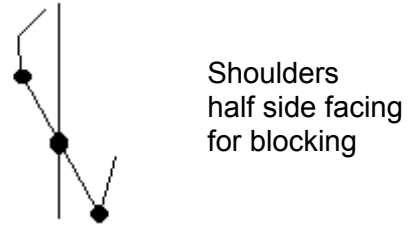
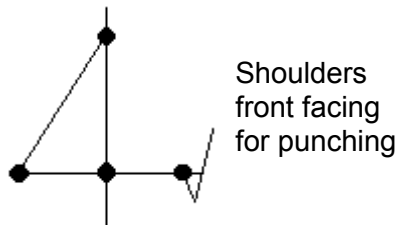
- | | |
|---------|----------------|
| Forearm | - MAKGI |
| Inner | - PALMOK |
| Outer | - AN PALMOK |
| | - BAKAT PALMOK |

SECTIONS OF THE BODY

- | | |
|--------|-----------|
| High | - NOPUNDE |
| Middle | - KAUDE |
| Low | - NAJUNDE |

PUNCHING

Shoulders must be kept front facing. Punch shoulder high, to centre of the body. Twisting at the end of the punch and keeping the opposite fist on the hip with palm facing up.



BLOCKING -LOW BLOCK

Shoulders should be half side facing, blocking hand starts palm up, level with solar Plexus, on the top of the other arm. Bring fist down covering abdomen and groin. Fist facing the knee cap, arm slightly bent. Opposite fist palm up on the hip.

BLOCKING -MIDDLE BLOCK

Shoulders should be half side facing, start arms out straight to the side, palms down. Blocking arm underneath. Bring the fist round across the body, palm facing the face, level with your shoulder, arm bent at 90 degrees. Opposite fist palm up on the hip.

NOTE: STANCE – POSITION – BLOCK

STANCE – POSITION – PUNCH

Requirements for 10th Kup to 9th Kup Grading

	Tick box when learnt	
	Student	Instructor
Attention Stance	<input type="checkbox"/>	<input type="checkbox"/>
Raise right hand name and grade (Loud and Clear) Parallel ready stance	<input type="checkbox"/>	<input type="checkbox"/>
Sitting stance 10 punches (Counting each one)	<input type="checkbox"/>	<input type="checkbox"/>
Walking ready stance front rising kicks 10 times Counting each one (Both legs)	<input type="checkbox"/>	<input type="checkbox"/>
10 Press ups (Counting each one)	<input type="checkbox"/>	<input type="checkbox"/>
Walking stance middle section front punch (Moving forwards & backwards)	<input type="checkbox"/>	<input type="checkbox"/>
Walking stance outer forearm low block reverse punch (Moving forwards & backwards)	<input type="checkbox"/>	<input type="checkbox"/>
Walking stance inner forearm middle block reverse punch (Moving forwards & backwards)	<input type="checkbox"/>	<input type="checkbox"/>
Four Directional Punching number 1 way	<input type="checkbox"/>	<input type="checkbox"/>
Four Directional Punching number 2 way	<input type="checkbox"/>	<input type="checkbox"/>

REQUIREMENTS FOR BEGINNERS FIRST GRADING (Questions)

Your instructor will ask you any four of the questions below

Stand in attention stance when answering your questions and always finish your answer with "SIR"

SAMPLE QUESTIONS:

Tick box when learnt

	Student	Instructor
What do the words Tae Kwon Do mean?	<input type="checkbox"/>	<input type="checkbox"/>
What are the five tenets of Tae Kwon Do?	<input type="checkbox"/>	<input type="checkbox"/>
Where does Tae Kwon Do come from?	<input type="checkbox"/>	<input type="checkbox"/>
Who is the founder and father of Tae Kwon Do?	<input type="checkbox"/>	<input type="checkbox"/>
What are stances called in Korean?	<input type="checkbox"/>	<input type="checkbox"/>
What is four directional punching called in Korean?	<input type="checkbox"/>	<input type="checkbox"/>
Why do we learn Tae Kwon Do?	<input type="checkbox"/>	<input type="checkbox"/>
What does T.A.G.B stand for?	<input type="checkbox"/>	<input type="checkbox"/>

TRAINING FEES

All new students can pay session by session for the 1st month of training. After this time all fees must be paid on a monthly basis by either standing order or cheque or cash.

JUNIORS £28.00 PER CALENDAR MONTH FOR UP TO 4 LESSONS A WEEK

SENIORS £32.00 PER CALENDAR MONTH FOR UP TO 4 LESSONS A WEEK

FAMILY RATES:

FAMILY RATE A (2 family members)

£55 PER MONTH SAVING £9/mth

FAMILY RATE B (3 family members)

£80 PER MONTH SAVING £12/mth

The above is for students training twice a week or more and paying by monthly standing order.

Fees are due by the nearest training session to the 8th of each month, regardless of any late payments (for whatever reason) the previous month. Fees can be paid by standing order or cheque

****session by session fees are £4 for juniors & £4.50 for adults (this only applies for the 1st month of training****

TRAINING LOCATIONS & TIMES

Pontefract

Main Hall
The Yorkshire Coalfield Resource Centre
(Thornycroft)
Half Penny Lane
Pontefract
WF8 4AY

Monday & Wednesday

All juniors 6 – 12yrs 6:00 – 7:00pm
All seniors 13yrs + 7:00 – 8:00pm

Selby

Brayton Community Centre
Fox Hill Lane
Brayton
Selby
YO8 9EL

Tuesday & Thursday

All students
6.15 – 7.15pm

Training Hall Rules

Bow when entering or leaving the Dojang.

Remove shoes while in the Dojang (No training shoes are allowed unless for medical reasons).

There is to be no food or drink within the dojang, only water!

Do not chew gum while in the dojang.

Do not swear, or use offensive language while in the dojang. NO BULLYING OR SWEARING WILL BE TOLERATED.

NEVER use negative or defiant body language while in the dojang (i.e. Standing with your hands on your hips, or with your arms folded over your chest).

Do not argue, or lose self control while in the Dojang.

Do not throw things, such as kicking paddles, in the dojang - when passing anything from one student to another, you should do so while bowing.

It is every student's responsibility to help maintain the cleanliness of the dojang.

The Tae Kwon-Do uniform is not only practical, but symbolic of purity a readiness to be taught: a consistency in appearance reminds

White Dobok, International Doboks, Club Uniforms can only be worn when training.

Any other Taekwondo or TAGB merchandise that you may have purchased cannot be worn for training in the club only those uniforms that have been stated above can be worn.

All Students should wear a dobok to class, which should be well maintained, clean, and unwrinkled. Students may wear a plain white t-shirt under their White dobok top.

Dobok's should be adjusted to fit properly. The rolling up of sleeves and trousers is unacceptable.

No jewellery is to be worn during training.

Long hair must be tied back.

Finger and toe nails must be kept trimmed.

If you must adjust your uniform, turn to the back of the dojang and away from the instructor to do so.

No students are allowed in the dojang unless supervised

GRADINGS

Gradings are an assessment test so the student can see whether they are progressing to a higher level. The gradings are approximately every 12 weeks, they are not compulsory. They are there so you can give yourself a goal, measure your progress, and set yourself another goal. All students that wish to grade must have a T.A.G.B. suit, a licence, and for 5th kups and above T.A.G.B. approved sparring equipment is also required.

Students should ideally be training twice a week, if students are training once a week then the time between each grading is doubled (six months instead of three months and 12 months instead of six months)

The cost of the grading is £25.

For this you receive:

- 1) Examination fee
- Examiners fee
- Session fee
- Written Certification
- A belt on passing the grading**

** To keep down the costs of a grading we recycle belts. If you wish to keep your old belt and receive a brand new one, then this can be done at a cost of £5.**

T.A.G.B. rules state a student must have attended 75% of sessions (i.e. **minimum** of 18 lessons over a 3 month period, **minimum** of 36 lessons over a 6 month period) **AND** be up to the required standard, as determined by the **instructor**.

Grading fees, form and photo, must be in **BEFORE** the grading, no later than the last session prior to the grading – generally the week before.

If you are unable to attend one of Mr Friar's gradings, arrangements can be made for you to travel to another school in the area to grade. This is only done with prior confirmation.

LICENCE APPLICATIONS/RENEWALS

THE T.A.G.B./B.T.C. MEMBERSHIP FEE IS £34 PER YEAR, FOR THIS YOU RECEIVE:

1. Licence booklet with grading record and TKD information
2. Membership to the Tae Kwon Do Association of Great Britain (T.A.G.B.)
3. Membership to the British Tae Kwon Do Council (B.T.C.)
4. Eligibility to attend T.A.G.B./B.T.C. Championships
5. Eligibility to attend T.A.G.B./B.T.C. Seminars
6. Insurance cover
7. Licence membership booklet for the T.A.G.B.

EQUIPMENT

T.A.G.B. equipment (e.g. suit, sparring equipment, tracksuits, books, videos etc.) can be viewed on our website and can be obtained from Mr Friar.

TAGB Approved Tae Kwon Do Suits

The first vital piece of equipment apart from the TAGB/BTC licence as mentioned previously is the TAGB Tae Kwon Do suit (Dobok)

Prices:

White Doboks

Child suits	£33.00 each
Adult suits	£36.00 each

Club Doboks

Child suits	£33.00 each
Adult suits	£36.00 each

TAGB Approved Sparring Equipment

As from the 1st April 2006 all sparring equipment used in TAGB Tae Kwon Do Clubs must be TAGB approved.

Prices:

Headguard	£30.00
Feet pads	£25.00
Hand Pads	£25.00
Shin pads	£19.00
Groin guard	£11.00

A gumsheild is also required for free sparring, these can be obtained from most good sports shops or via your dentist.

Other equipment can be ordered e.g. tracksuits books DVDs etc from our website.



**For further information contact
Mr Mathew Friar on 07919 894 675**

www.fitnessandmartialarts.co.uk

www.facebook.com/fmatkd

www.twitter.com/fma-tkd