

Tae Kwon-Do

Welcome pack



Scunthorpe



James Welsh

Schools of Tae Kwon-Do

www.jwtkd.co.uk

james@jwtkd.co.uk

Tel: 07935814844

Welcome to JW Schools of Tae Kwon-Do (TKD) Your family friendly Martial Arts school.

Well done, you have already taken the biggest step to starting a new and exciting hobby. Whether you want to learn self defence, be the next tournament sensation or just want to start a new and interesting family hobby, TKD has something for everyone. You will make new friends and gain confidence, as well as becoming regularly physically active!

The following information is a mixture of school and training details and a little background information on TKD itself which you may find interesting; alongside the practical moves and theory needed for your first TKD grading.

Club Information

***Instructor**

Your Main School instructor is Mr James Welsh. Mr Welsh is fully qualified, insured and enhanced DBS (CRB) checked with the local authority and holds a current up to date BTC (British Tae Kwon Do Council) first aid qualification. He is also a 3rd Dan Black belt at traditional Karate, fully qualified referee and umpire and has a number of successes competing in his younger days at National and International level. He has a wealth of experience which he is eager to pass on to you.

Here at JW Schools of Tae Kwon-Do we also have a team of fully qualified instructors who assist Mr Welsh in the schools from time to time. Mr Stephen Kitching (5th Dan), Mrs Claire Garland (4th Dan), Mr Pep Pawlyszyn (1st Dan), in addition, assistant black belt Instructors and senior students are all regular teachers at Scunthorpe TKD. Our instructors are always on hand for help & advice. So rest assured, you are in good hands.

JW Schools of TKD are members of the most prestigious governing bodies. The **TAGB** (Tae Kwon-Do Association of Great Britain www.tagb.biz), **TKDI** (Tae Kwon-Do International) and the **BTC** (British TKD Council). The British Tae Kwon-Do Council is the only official Government recognised governing body for TKD in the UK and is linked to the UK sports council.

***Session Information**

Classes are in the martial arts block of the Hobbies centre in Scunthorpe; currently Sundays from 4pm and Wednesdays from 5pm. All classes incorporate a mixture of traditional aspects such as patterns, set-sparring and line work, along with Tae Kwon-Do sport training. For example, pad work, fitness and sparring.

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***What do I need to do now?**

1. Come and enjoy your first training session and talk to your instructor.
2. Fill out the TAGB licence, enrolment and medical forms before you arrive for your next session and hand them to the instructor.
3. This is your first practical session, which is totally free of charge. Please hand the forms to your instructor before training. No charges will be made and you are under no obligations to pay for anything.
4. If you enjoyed the session and would like to continue training, speak to the instructor about training and payment. There are different payment options available to you.

You may purchase your training uniform and sparring equipment whenever you like. There is no rush, however you must have a uniform if you wish to progress through the grades and/or participate in competitions. Prices can be given by the instructor and items must be paid for in full.

The **£40 licence fee** (payable after the first month), provides you with membership to the TAGB for one year along with insurance which covers you in case you sustain injury during training. Details of what the insurance covers is included further in this welcome pack. Your licence also is a record of your achievement as you progress through the various grades and belts.

Training fees are as follows for both adults and children:

- **£35 per month** for training twice a week.
- **£20 per month** for training once a week.

However, training regularly twice a week is the recommended minimum to progress effectively and will provide extra free lessons. This is due to how the calendar falls, this makes lessons on **average between £3.88-£5.00 per lesson**. This allows you to gain the full training experience, learning both traditional and physical sport aspects of the art.

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Beginner Information

Training fees

The preferred method of payment for your monthly training fees is through standing order. This allows payments to be made promptly and efficiently without causing delays. These standing orders can be cancelled at any time by you and there are no binding contracts of any kind, we just politely ask you to pay on time on the **1st of each month**.

Furthermore, **you are under NO long-term contracts at JW Schools of TKD**. If you decide to stop training, you are able to cancel the standing order and all we request is that you let us know the month before that you will be cancelling your membership.

You are able to set up a standing order yourself via your bank in branch or via online banking.

Banking details

James Welsh

Account number: **03434113**

Sort code: **08-71-99**

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 practiced 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 noble moral re-armament. In the 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 themselves. Even if Tae Kwon-Do is practiced for exercise and fitness alone, the enjoyment derived will justify the time invested.

Father and Founder of Tae Kwon Do: The late Major General Choi Hong Hi (9th Dan)

Your TAGB Area coordinator: Grandmaster Kenny Walton 9th Dan

Your Instructor: Mr James Welsh 4th Dan

You are a member of the **TAGB** (Taekwondo Association of Great Britain)

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The Five Tenets of Tae Kwon-Do

These are underlying principles that Tae Kwon Do aims to achieve

COURTESY- Polite Behaviour: To be polite to your instructor, seniors and fellow students.

INTEGRITY– Honesty: To be honest with yourself and others.

PERSEVERANCE- To continue trying: You must not stop trying, you must persevere.

SELF CONTROL- To restrain oneself: To not lose your temper.

INDOMITABLE SPIRIT- To show courage when you are pitted against overwhelming odds.

Gradings and the belt system

To get the most from your training, you should aim to progress through the belt system. This allows you to follow a standardised syllabus that operates through all TAGB schools nationwide. You do not have to grade, however, if you do wish to work towards your next belt, you must have had the sufficient amount of training and both you and the instructor must feel that you are confident to take the grading. Attendance should be at least **75%** to be eligible to grade. The amount of time between belt colours varies, this is based upon how often you train.

Grading fee is currently **£30** and the grading will be conducted by the regional co-ordinator, National squad coach and Grand Master Walton (9th degree). This ensures consistency of syllabus and standards, you will not be graded by your own Instructor.

Time between grading for the following belt colours is **3 months or minimum 18 lessons**:
White belt, yellow stripe, yellow belt, green stripe, green belt, blue stripe, blue belt.

Time between grading for the following belt colours is **6 months or 36 lessons**:
Red stripe, red belt, black stripe, black belt.

It is highly encouraged to train the minimum twice per week wherever possible. This not only develops regular progression but also keeps the timeframes between belt progression manageable for motivation in that it is not excessively long between belts.

Once you achieve black belt, time between grading for dans/strips reflects the grade you are aiming for. For example, to grade for 2nd dan you must wait 2 years, 3rd dan is 3 years etc. Under 16s must wait double the time but can complete star gradings in preparation for this.

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Online syllabus and video access

As part of your welcome to Tae Kwon-Do, you are offered access to our online syllabus video library to support your practical training as a 24 hour 7 days a week reference.

There is no additional charge for this, it is part of your membership and something exclusive for our members to enhance and support their learning experience. This is a great tool and allows you to log into our members area of our website where you can discover video syllabus from white belt to black belt. This covers alongside what you will do in class all the basic grading assessments and theory information as well as some fun quizzes and activities to make learning more engaging.

Please speak to your Instructor for login and password details if this has not already been provided for you.

Facebook Private Group

You will be invited if you are a Facebook member to be part of our private group for students and Parents/ Guardians only. This is where we share updated information on club related activities e.g. class amendment start times, grading dates and times, club successes and competition information etc

Social media

We use social media as a platform to promote our clubs and activities and to engage a wider audience of family and friends.

If you do not wish yourself or your child to be included in any of this please make it known and clear and that your child is aware from when for example to step aside so they are not involved.

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JW Schools of TKD rules / Conduct

1. All Students, parents or guardians must complete and sign the relevant forms prior to commencing their second lesson.
2. Students must be licensed within the first 4 training sessions.
3. Any student not attending three consecutive lessons could lose their place, unless prior notice has been given.
4. Students must wear the officially approved uniform(s). Such uniform(s) shall not be worn in the event that the individuals Membership lapses or is otherwise terminated.
5. Monthly fees to be paid in the first week of every month, preferably by standing order. Failure to do so will result in the student being unable to train. The build-up of arrears is not acceptable.
6. New members to pay per session for the their first month until they have chosen their payment option and package. Per session fee £5.00.
7. All students must have a T.A.G.B licence, correct belt colour and uniform before they can enter a competition or grade for their next belt.
8. Misuse of the art will result in disciplinary action.
9. Members must never lose their temper in the training hall, especially in sparring.
10. Parents are responsible for their children immediately prior and following the lesson.
11. Students must keep their finger and toe nails clipped.
12. Members should behave in a disciplined manner while training. Children may be asked to sit out temporarily or for the remainder of the lesson if they are unable to concentrate, are distracting others or acting in a disrespectful or inappropriate manner.
13. Individuals should respect all members, especially those of senior grade.
14. No student may enter a tournament without the Instructors permission.
15. Gradings depend on attendance, attitude and Mr Welsh's discretion as well as technical ability.
16. Gradings/belt promotions are held every 3 months. A minimum of 75% attendance is required during periods between the gradings/belt promotions.
17. A student may not change clubs without completing a transfer form and obtaining prior permission from both instructors concerned.
18. All training must be undertaken under the supervision of a T.A.G.B approved school. Should any school cease to be approved, only the training undertaken during the period that the school was approved shall count towards grading.
19. No eating, chewing gum or wearing of jewellery, ear rings etc is permitted in the training hall.
20. Turn phone ringtones off whilst in the training hall.
21. In any dispute, the ruling of the Main Instructor and /or Area co-ordinator GM Walton is final
23. The instructors may adjust the class availability and times at any point.
24. The instructors may alter the monthly fees during membership (prior notification will be given)
25. The instructors may at any time alter or add to the rules of the club.
26. Standing Orders are controlled by you. It is you as the customer who starts up and cancels the standing order. Should you choose to leave at any point then you must cancel your standing order personally. We are not responsible for continuing payments after you leave.

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Polite notice to parents:

Parental support alongside learning in the class is the most important element of a child to progress well in Tae Kwon Do. Your enthusiasm for their development and your encouragement you can give them away from class will ensure they are ready and prepared to be successful in their classes and at their grading.

We ask that during the classes parents refrain from giving their child instructions as this can cause them to be distracted

Here are some important tips that will help your child develop well.

- **Make sure your child attends class regularly.** Children adjust to consistency. If taking class becomes an option and not a priority, they will not adjust as well .
-
- **Watch your child participate often.** Your child wants to make you proud. The best way they can show you how well they are doing is for you to see for yourself.
- **Help them access the online** reference facility practical videos and spend time helping them learn their required theory, we try to exercise the mind and the body, and some of this theory may require an adult to help facilitate understanding.

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BTC Martial Arts Insurance Details **(included within your annual licence fee)**

The British Taekwondo Council has secured on a member to member basis a physical accident and third party liability insurance for all of its members.

Covered in the £** licence fee you pay is:

- ◆ Death = £25,000 Over 18s. £5,000 under 18s
- ◆ Total loss of sight in both eyes = £25,000
- ◆ Total loss in one eye = £30,000
- ◆ Loss of two limbs = £30,000
- ◆ Loss of one limb = £30,000
- ◆ Total loss of one eye and one limb = £30,000
- ◆ Permanent disablement = £25,000
- ◆ Temporary disablement = £5 per week per insured person under sixteen years of age. Up to a total of £250. £15 per week to persons un-employed or in full time education. Subject to loss of benefits grants etc up to £300.00. £80 per week per person insured over sixteen years of age in full time employment. This is payable during such disablement but not beyond fifty-two weeks from the date on which the injured person became disabled. Up to £3,000 Terms & Conditions apply.
- ◆ Elimination period – 14 days
- ◆ Third party liability – limit of liability, £1,000

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GDPR (General Data Protection Regulation)

Why we need the information we gather We require this information to administer your membership and to provide the products and services you have requested from us and provide you with an efficient service for the following reasons:

- Internal record keeping
- Sending membership fee notices to you
- Recording financial transaction to your membership fee account
- Contacting you with relevant club and Association correspondence
- Maintaining a record of any recognised competitions you may take part in
- Maintaining a record of your grade status and related grading examinations
- Confirming your grade to other Associations or International Bodies if they request confirmation of your grade for any competitions you have entered with them
- Sharing personal details with the British Taekwondo Council (The United Kingdom National Governing Body for Tae kwon-do) for membership and insurance purposes only.

The TAGB will retain your personal information on our membership database for the duration of your membership, and for a period of 12 months after your membership has expired. We take your privacy seriously and all such information is held on secure servers.

The TAGB complies with all applicable Data Protection Regulations. We may change and update this policy from time to time and will notify you accordingly.

This policy is effective from 20/05/2018