

Information for New Students

Hopefully you have enjoyed your first class and are looking forward to enjoying the benefits of training in Tae Kwon Do. This information leaflet is to help guide you through your first weeks of training and to answer some commonly asked questions. Please read the information carefully and retain it for future reference.

What is a licence?

A licence includes annual membership fee to the Tae Kwon-Do Association of Great Britain (TAGB) that we are part of. It also includes a premium to cover insurance, required as Tae Kwon-Do is a contact sport. The payment for the licence is due within your first month of training. You will receive a licence book which also serves as your grading record.

When do I get a uniform?

Uniforms are called *doboks* and you can get them as soon as you want. Only TAGB doboks can be worn in the club. We have a club dobok which you can get at any time but you must get a white dobok first. On Mondays we wear white doboks only. On Thursdays there is an option of wearing club or competition doboks. Saturday classes are less formal and you can wear dobok trousers or tracksuits and a t-shirt.

What happens at the start and end of class?

At the start and end of class the members line up in order of grade with the higher grade to the right. The senior student (the person in the front row at the right hand side) calls the class to attention with the command *charyot*, at this everyone brings their heels together and hands to their sides, the next command is *kyong-ye* which means bow. At the end of class, the students are asked to turn around and tidy their *doboks* before bowing to the instructor. The class then turns towards the senior student and the second highest student calls the commands *chariot* and *kyong-ye* again and it is the senior student who dismisses the class with the command *haessan*. As Tae Kwon Do is a martial art, showing respect by bowing for example, is also an important part of training.

The 5 tenets, listed overleaf, serve as a guide for all students of the art.

What and When are gradings?

Gradings are when the examiner for the South East Area – Grandmaster David Oliver (9th Dan, Chairman of the TAGB) visits the club and looks at all the students that the instructor believes are ready to grade. If he is satisfied that these students are up to standard then he promotes them to the next grade. These gradings take place every three months and they are optional. Students wishing to grade must have attended 70% of the classes between gradings and have successfully passed a mock grading (two-three weeks before the grading).

How many grades are there?

There are 19 grades in Tae Kwon Do. 10 coloured belts represented by different colours of belts:

10 th Kup – White Belt	5 th Kup – Blue Stripe
9 th Kup – Yellow Stripe	4 th Kup – Blue Belt
8 th Kup – Yellow Belt	3 rd Kup – Red Stripe
7 th Kup – Green Stripe	2 nd Kup – Red Belt
6 th Kup – Green Belt	1 st Kup – Black Stripe

From 1st Kup you move to 1st degree black belt (1st Dan) and then 2nd, 3rd etc up to 9th degree black belt.

How long does it take to become a black belt?

The minimum time is 3 years and 6 months when a student has been training consistently twice a week throughout this time.

What about sparring and competitions?

Free sparring is the sporting element of Tae Kwon Do and is practiced in a controlled environment in class. Competitions are held by the TAGB throughout the year and each competition has sparring and patterns events for all grades and ages from 9th kup upwards and additionally destruction events for black belts only.

What about sparring gear?

Safety equipment is used during the practice of free sparring. Gloves, boots, head, shin and mouth guards are worn, as well as groin guards for males and optional chest guards for females.



When do I get safety equipment?

You can get the equipment as soon as you want. It is not required until you reach green belt level, roughly after one year of training. Only TAGB approved sparring equipment is permitted.

My muscles ache after class, what should I do?

You do not have to be fit to start however your fitness, strength and flexibility will improve as you continue to train. It is normal for beginners to experience some stiffness after class initially as you may be using different muscle groups than you are used to. Taking a hot bath or shower after class, massaging your muscles or indeed repeating the exercises will all ease the stiffness. After just a few sessions you will notice that you are no longer stiff after class. Please tell the instructor about any injuries you have at the start of class. It is a good idea to drink plenty of water before and during class so bring a water bottle with you.

I have other questions who should I ask?

If you have any other questions or are unsure about anything then you can speak to your instructor at the next class and they will be happy to answer any questions.

Holidays

We train throughout the year, including the school holidays. We stop for Bank Holidays and between Christmas and New Year as the John Orwell Sports Centre is closed.

Parents

Parents should be nearby and give us a mobile contact number.

RULES OF THE DOJANG

- No smoking is permitted in any place while wearing any part of your dobok.
- If you wish to eat, drink or sit down then remove your belt. The wearing of shoes is only permitted during training with your instructor's permission.
- If you need to talk to an instructor, raise your hand and call them, do not run up to them during class. The instructor should, at all times be addressed as 'sir' or 'ma'am' or by their surname.
- If you are late to class then join in only with the instructor's permission.
- You should assist with collecting and tidying away equipment at the beginning and end of each class.
- You may leave class early, go for a drink or to the bathroom only with the instructor's permission.
- Your dobok should be clean and pressed for all classes and if adjusting your uniform or belt then face away from your instructor. If you are prone to perspiring then please use a deodorant.
- For safety, all jewellery should be removed or covered by a plaster before the start of class, finger and toe nails should be clean and toe nails regularly clipped short.
- Always try to set the best example you can for other students, instructors and yourself.

Lead Instructor:

Ms Hayley Thorne 3rd Dan

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All our instructors are first-aid qualified and DBS checked

Introductory Theory of Tae Kwon Do

Tae Kwon Do means the art of hand and foot fighting.

- **Tae** is to destroy or smash with the foot.
- **Kwon** is to destroy or smash with the fist.
- **Do** is the art, way or method.

White belt signifies innocence as that of a student with no previous knowledge of Tae Kwon Do.

Yellow belt signifies the earth from which the plant sprouts and takes root as the foundation of Tae Kwon Do is being laid.

The **Tenets** of Tae Kwon Do are the five principles that we strive to follow through training. These are:

Courtesy	To treat others the way you would like to be treated.
Integrity	To be honest with everyone, especially yourself.
Perseverance	To keep trying to do something in a determined way despite any difficulties.
Self-Control	To control your emotions and actions even in the face of any provocation.
Indomitable Spirit	To never compromise your principles, to always be strong and impossible to defeat.

History of Tae Kwon Do

11 Apr 1955	Tae Kwon Do was started by Major General Choi Hong Hi (9 th Degree black belt).
2 Jul 1967	Tae Kwon Do was introduced in Great Britain by Rhee Ki Ha.
21 Apr 1988	Governing body – British Tae Kwon Do Council (BTC) was set up.
21 Aug 1983	Tae Kwon Do Association of Great Britain (TAGB) was formed
13 Nov 1993	New world body Tae Kwon Do International was formed.

Welcome to



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www.wappingtaekwondo.com