

# Welcome Brochure



TAE KWON-DO



T.A.G.B.  
TAE KWON-DO  
INTERNATIONAL



07802 661154 - [tkdepping@gmail.com](mailto:tkdepping@gmail.com) - [epping-tkd.co.uk](http://epping-tkd.co.uk)



# What is Taekwon-do



Taekwon-do is a version of an ancient form of unarmed combat practiced for many centuries in Korea. It became perfected in its present form by Major General Choi Hong Hi, and has been scientifically developed and modernized since its introduction to the world on 11th April 1955.

Translated from Korean, Tae means to jump, kick or smash with the foot. Kwon means to punch, strike or smash with the hand and Do is art, method or way. It is proven to be the most powerful system of self defense ever devised. To the Korean people Taekwon-do is more than a mere use of skilled movements. It also implies a way of life with a strong sway towards the more philosophical side, particularly in instilling a concept and spirit of self imposed discipline and an ideal of noble moral re-armament.

In these days of violence and intimidation which seem to plague our modern societies, Taekwon-do enables the weak to possess a fine weapon to defend themselves. However, when strongly applied can be very dangerous.

## The Tenets Of Taekwon-do

There are five tenets of Taekwon-do regardless of which style you practice. A tenet is a 'core belief' or value and should serve as a guide for all students, not just in the art itself but in daily life.

### Courtesy

To be polite to ones instructor, seniors, and fellow students.

예의

### Integrity

To be honest with oneself. One must be able to to define right from wrong.

렴치

### Perseverance

To achieve any goal, be it passing a grading or learning a new technique. One must never stop trying.

인내

### Self control

To lose ones temper when performing techniques against an opponent can be very dangerous and shows lack of control. To work and train within ones capabilities shows good control.

극기

### Indomitable spirit

To show courage when you and your principles are pitted against great odds.

백절불굴

Bishops Stortford Taekwon-do opened in January 2006 and Epping in 2007.

As the club grew in numbers we have added extra classes and training days and are one of the largest clubs in our area with over 100 students including over 20 black belts.

We practice Ch'ang Hon Taekwon-do, a Korean martial art suitable for all ages and fitness levels and teach fun,safe,disciplined martial arts in a relaxed family friendly environment.

## Taekwon-do and the TAGB

Taekwon-do was inaugurated in South Korea on 11th April 1955 following extensive research and development by founder Major General Choi Hong Hi,9th degree black belt. Taekwon-do was introduced to the United Kingdom in 1967.



In August 1983 it was decided to form an organisation that would be run by a democratic organisation without direct influence from either of the two world based bodies. Hence the Taekwon-do Association of Great Britain was born.

On 21st April 1988 a new governing body for the TAGB was formed called the British Taekwon-do Council (BTC) This now incorporates 11 different organisations and is the only body for Taekwon-do recognised by the British Sports Council.The TAGB is the founder member and is at present the largest organisation in the BTC with over 26,000 members.



The TAGB is a member of Taekwon-do International. A world wide body with representation in every continent of the globe.Taekwon-do International was inaugurated on November 13th 1993.

# TAGB Coloured Belt System

The martial arts belt ranking system was originated by Dr. Jigoro Kano, the founder of modern judo. Dr. Kano devised the coloured belt system as a visible sign of a student's progress, awarding the first "black belts" in 1883 and introducing coloured belts 20 years later.

Each coloured belt has a special meaning which you will learn as you go up through the belts. Gradings are held every 3 months for beginners and every 6 months from blue belt.



## Grading requirements

Students will be invited to grade providing they fulfill the following requirements. Regular lesson attendance between gradings. A minimum of 18 or 36 classes between gradings determined by grade.

Demonstrate in class that you have reached the required standard.

## Black belt gradings

Students training 2-3 times a week can expect to be ready to grade for black belt in just under 4 years.

Black belt gradings are held every 6 months.



## Competing

Once you have taken your first grading you can enter competitions for both patterns and sparring. Sparring is not part of the grading syllabus until you reach blue stripe. However, many people like to spar from very early on in their training.

All students must have TAGB safety equipment to participate in sparring. All equipment is available to order from your instructor.



# Starter packs £79



Includes licence/Insurance,  
white training suit, syllabus  
hand book, white belt grading  
video, and information guides.

## Family savings £69

### Licence and suit only

07802 661154 - [tkdepping@gmail.com](mailto:tkdepping@gmail.com) - [epping-tkd.co.uk](http://epping-tkd.co.uk)



## *Of The Dojang*

1. No smoking in the Dojang.
2. No gum chewing.
3. No jewellery may be worn at any time.
4. Students should never leave class for a break without permission.
5. Never lean on walls or spread out on the floor unless while exercising.
6. Students must keep finger and toe nails clipped short and clean.
7. Keep your uniform clean at all times.
8. No talking during class except to ask a question.
9. Whilst in the dojang, always address the instructor as Sir or Mr. using the instructor's name.
10. Students should behave in a disciplined manner whilst training.
11. Bow when entering or leaving the dojang.
12. Any student late for class must get the instructor's attention discretely and bow to the instructor before joining class.
13. Treat any substitute instructor with the same courtesy as your own instructor.
14. All mobile phones must be switched off whilst in the dojang.

# Enrolment

After first **2 weeks free** training must enrol for insurance purposes

**Starter Pack 1 person**

**£79**

DoBok, Insurance, Licence, Belt, Handbook, Information Guides.

**Starter Pack Family**

**£69 per person**

DoBok, Insurance, Licence, Belt, Handbook, Information Guides.

## Training Fees

**Payment within first 7 days of the month, in advance. No Fees or Classes can be carried over.**

**One Class Per Week, 1 person**

(4 wk = £7.25, 5 wks = £5.80)

**£29 per month**

Additional training for 2nd hour on the day £7.50 cash/ card payment.

**One Class Per Week, 2 persons**

**£55 per month**

Additional training for 2nd hour on the day £7.50 cash/ card payment.

**Unlimited Training 1 person**

**£49 per month**

Includes Bishops Stortford Club

**2 Person Family Unlimited**

**£85 per month**

Includes Bishops Stortford Club

**3 Person Family Unlimited**

**£109 per month**

Includes Bishops Stortford Club

**PAYG/Late or Missed Fees**

**£8 per hour**

**Payment by card before the class.**

**Payment due within the first 7 days of the month.**

**Card payments available in class, Unused classes do not carry over.**

### **Monthly Fees**

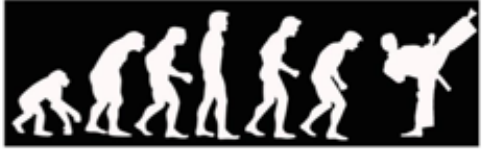
**Natwest**

**Michael Barford**

**Account Number: 50219359**

**Sort Code: 60 07 39**

# School F E E S



## **Please take a moment to read our fees and attendance policy.**

Membership at Bishops Stortford & Epping TKD is secured by monthly bank transfer/direct debit or cash payment.

We require all payments within the first 7 days of the month unless agreed otherwise by both parties. This allows us to pay hall hire and other expenses on time.

There are no contracts so your membership arrangements can be amended at any time if you want to change your training frequency.

Our monthly fees are calculated over 48 weeks a year. We do not charge extra for 5 week months as we close for 2 weeks over Xmas and expect students to take 2 weeks holiday a year.

Students can attend all sessions without booking in advance. Regular attendance is necessary to be considered for grading selection. See grading requirements.

If you wish to cancel or suspend your membership because of serious injury or personal reasons please do so in person or by email.

All students are reminded by email and monthly Newsletter when your licence is due to expire.

Any questions please get in touch.

07802 661154 - [tkdepping@gmail.com](mailto:tkdepping@gmail.com) - [epping-tkd.co.uk](http://epping-tkd.co.uk)



# Taekwon-do for the young

Martial arts focus on engaging the mind as well as the body. They emphasise respect, self-control, focus and individual achievement. The type of martial art you choose for your child is not as important as the clubs approach to instruction.

Many parents train alongside their children in our mixed classes and discounts are offered if families train together more than once a week.

Taekwon-do focuses on individual progress and can be a good alternative to team sports which may not appeal to them. The focus is on self improvement.

Many parents believe the benefits of martial arts are more than just physical for their children and tell us Taekwon-do has helped to improve their child's self control, attention, and listening skills.

They offer concrete, attainable goals broken down into manageable chunks. Taekwon-do is also fun and cool.

We run a number of fancy dress games classes throughout the year to celebrate Easter, Halloween and Xmas. We also present a student of the month award for juniors under 12 years old.

Belt gradings are held every 3 months, but we are not a belt factory. Juniors are required to do exactly the same grading as an adult and will often take a lot longer to move through the belts.

To run alongside the grading system we have our own in house achievement badge scheme.

# Privacy Policy

## What information we will collect:

- Forename and Surname
- Date of Birth
- Photograph
- Current Address
- Contact telephone numbers
- Contact email address
- Gender
- Medical Conditions
- Next of Kin name and emergency contact details.

## 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 36 months after your membership has expired. However, in the case of a minor (under 16 yrs) the information will be retained until they reach the age of 21 yrs.

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

Notes:

- 1) Under GDPR you have the right to view all data we hold on you and request us to correct or amend if required. Access to this information can be obtained from your TAGB Instructor.
- 2) Under GDPR you have the right to complain to the Information Commissioner's Office (ICO) if you think there is a problem in the way your data is being handled.

## British Taekwondo Council – Martial Arts Insurance

The British Taekwondo Council has secured on a member to member basis a Personal Accident and Third Party Liability Insurance for all its members, features include the following benefits;

### Personal Accident

Death = £30,000.

Total and Irrecoverable loss of Sight of both eyes = £30,000.

Total and Irrecoverable loss of One eye = £30,000

Loss of two limbs = £30,000

Loss of one limb = £30,000

Total and irrecoverable loss of Sight of one eye and loss of one limb = £30,000

Permanent Total Disablement (Other than total loss of sight of one Or both eyes or loss of limb) = £30,000

Temporary Total Disablement = £80 per week per insured person Over 16 years of age.

To qualify for any of these benefits you must have submitted an insurance claims form to the BTC within 21 days of the accident and you must have been absent from employment or studies for a period of more than 2 weeks and proof of absence and loss of earnings will need to be supported by official paperwork.

The cover is for 52 weeks excluding the first 2 weeks. Please note that this cover does not cover compensation claims ,private health ,dentist or any other type of assistance not stated herewith.

All insurance cover is only available to British Nationals and students who have resided in the UK for longer than 6 months.

Personal Indemnity = £5,000,000.

Public Liability = £10,000,000.

# Bishops Stortford & Epping Taekwon-do



- T** **Taekwon-do** is a martial art for everyone, not just the gifted athlete.
- A** **As** your skills develop so will your fitness and flexibility.
- E** **Early** TKD was developed for self defence. However in the modern world there are many different reasons people train in TKD.
- K** **kicks**, punches, blocks and basic stances are the fundamental building blocks of TKD.
- W** **We** encourage families to train together and offer discounts to families of 2 or more.
- O** **On** committing yourself to training twice a week you could become a black belt in less than 4 years.
- N** **Never** say I can't do that. With time and effort anything is possible.
- D** **Developing** good character, self control and a non violent attitude are some of the many benefits of TKD.
- O** **Only** by participating in a TKD class will you come to appreciate the full benefits that TKD can deliver to your everyday life.