

태권도

태권도

9

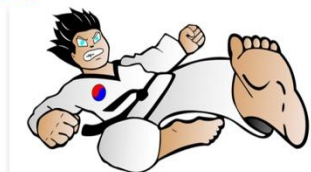
Taekwon-do myths



T&D

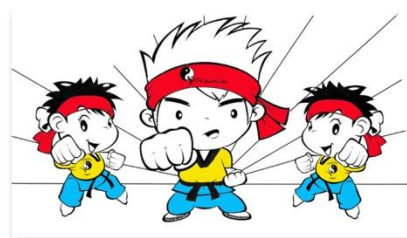
Contact: Colin 07540 834710 blackbelt56@sky.com

9 Taekwon-do myths



1. Taekwon-do is all about kicking.

There may be some truth to this in the Olympic WTF Taekwon-do but not traditional TKD first introduced in 1955. Hand techniques actually outnumber kicks in the Ch'ang Hon style we practice by 8-1.



2 Taekwon-do is for kids.

In many clubs children do outnumber adults, but our clubs have a good mix of students from 4 - 64 years old. Taekwon-do is one of the few activities families can enjoy together.

3 All black belts are experts in self defence.

Taekwon-do teaches much more than just self defence. People train for many different reasons and Taekwon-do has something to offer everyone.



4. Taekwon-do sparring is full contact.



Sparring is in fact touch contact in the TAGB both in class and competitions. There are strict rules and full safety equipment is worn.

5. You need to be fit and flexible to start training.



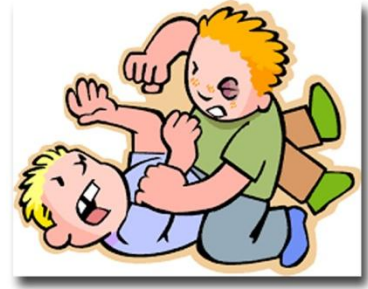
Waiting until you're fit and flexible to begin training is like a child waiting to be smart enough before they start school. Your most important class is your first one.

6. I could never achieve a black belt.



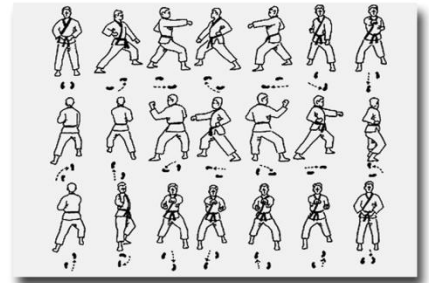
Earning a black belt in Taekwon-do is achievable for everyone. A black belt is just a white belt who never gave up.

7. Taekwondo is all about fighting.



There are many aspects to Taekwon-do which you will find out after just a few weeks training. Visit our school to see for yourself.

8. Taekwondo patterns are only for gradings.



Patterns/forms are the heart of most martial arts and as you progress you will uncover many of it's layers.

9. Achieving black belt is the ultimate goal.



Black belt, although a fantastic accomplishment is just another step on a journey with no end.

You have learnt the alphabet, now it's time to start putting the words together.

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.