TAE KWON-DO

태권도

Student info guide

2020

T.A.G.B.

TAE KWON-DO

INTERNATIONAL

TKD

Contact: Colin 07540 834710 blackbelt56@sky.com

Your Instructors

TAGB instructors are highly qualified, accredited individuals with many years experience in teaching mixed classes which often include young children.

Colin Mowatt 4th Dan

I began training in Taekwon-do in 2001 under Mr. Penn in Harlow having previously trained in Karate for many years.
Bishops Stortford opened in 2006 and Epping in 2007.
I also jointly ran Harlow Taekwon-do from 2009 - 2011.
In 2010 I went full time to focus on running the clubs without other work committments.
Since then we have added extra classes, moved to larger venues and doubled our student numbers. We now have one of the largest clubs in the area with over 120 students including 20 plus black belts.

William Chisholme 4th Dan

I Joined Bishops Stortford TKD as a black belt in 2010.
I had previously trained in Saffron Warden until my own instructor left the TAGB to set up on his own.
In April 2019 I passed my 4th Dan grading and very much looking forward to many more years of training.

John Anderson 3rd Dan

I've trained in Taekwon-do under Mr. Mowatt since he opened the Bishops Stortford club in 2006.
During that time I have made the journey from complete beginner to achieving my black belt in 2009.
I have competed in sparring at all levels from regional to World Championships and regularly officiate at competitions.
I believe that Taekwon-do has something to offer everyone and my aim is to to help each student reach their individual goals.

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Suzanne Wolfe 2nd Dan

I started Taekwon-do in 2010 and was immediately hooked. I achieved my 1st Dan and became a qualified TAGB instructor in 2014, and was promoted to 2nd Dan in 2016.
I have seen the clear benefits gained from regular excercise on individual health and wellbeing and am passionate about helping every student achieve their personal goals.In my view the Taekwon-do grading system brings an extra dimension to the journey allowing the student to clearly map their progress and achievements one step at a time.

Matt Howard 2nd Dan

I started Taekwon-do in October 2012 along with my son who was 15 at the time. He has Aspergers Syndrome and Dispraxia and I heard that Taekwon-do was good at instilling focus and control. I signed him up and as an afterthought decided I would try it as well.
6 years on I have managed to achieve my 2nd Dan black belt, won medals at National Competitions and train up to 3 times a week.

It's no understatement that Taekwon-do saved my life. Back in 2012 I was heavily overweight, close to diabetes and extremely unfit. These days I'm over 60 lbs lighter and in the best physical condition since my 20's.
I am proof that Taekwon-do is suitable for anyone.

All of our instructors are Black Belts with a minimum of three and a half years training, and are fully qualified, insured, police checked (DBS), and hold a first aid qualification.

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 posses 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 예의

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

Integrity 렴치

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

Perseverance 인내

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

Self control 극기

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 capibilities shows good control.

Indomitable spirit 백절불굴

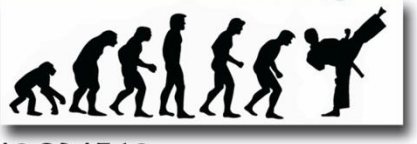
To show courage when you and your principles are pitted against great odds.

TAEKWON-DO CLASSES

SINCE 2006

SUITABLE FOR ALL AGES AND FITNESS LEVELS

FREE INTRO CLASSES



WWW.BSTKD.CO.UK CONTACT COLIN: 07540 834710

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

As the club grew in numbers we have added extra classes and moved our Tuesday and Thursday training to larger venues.

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.

BRITISH BTC TAE KWONDO COUNCIL

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

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 at the Bristol academy under the 8 TAGB committee members.

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.

TAE KWON-DO

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.

Classes/Venues

Bishops Stortford

When and where...

Tuesdays

7.00 - 8.00pm

8.00 - 9.00pm

Free on site parking available.

All ages and grades

Birchwood High School Gymnasium.
Parsonage Lane,
Bishops Stortford, CM23 5BD

Saturdays

Juniors 5 -11 years old 10.35 - 11.20am
All ages and grades 11.20 - 12.20pm

Parsonage Community Hall.
Parsonage Lane, CM23 5PY

Free on site parking available.

Epping

All ages and grades

Epping Primary School
Coronation Hill, CM16 5DU

Thursdays

7.00 - 8.00pm

Free on site parking available.

Pay monthly rates - per calendar month

SUBS

Leisure: 1 class a week £26

Pro: Unlimited classes £46

Pay monthly family offers

2 students unlimited training: £79

3 or more students unlimited training: £99

Monthly fees to be paid within the first 7 days of the month.

Pay as you

SUBS

£9 per one hour class all ages

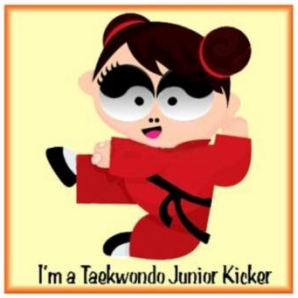
£6 Junior 45 minute class

Paid on the door before start of class

We are one of the few clubs that still offer pay as you go to those who cannot commit to regular training.However progress will be much slower after the first 2 belts for those not training twice a week.

Students on unlimited can attend all Bishops Stortford and Epping one hour classes.

Saturday Junior Taekwon-do



Fees

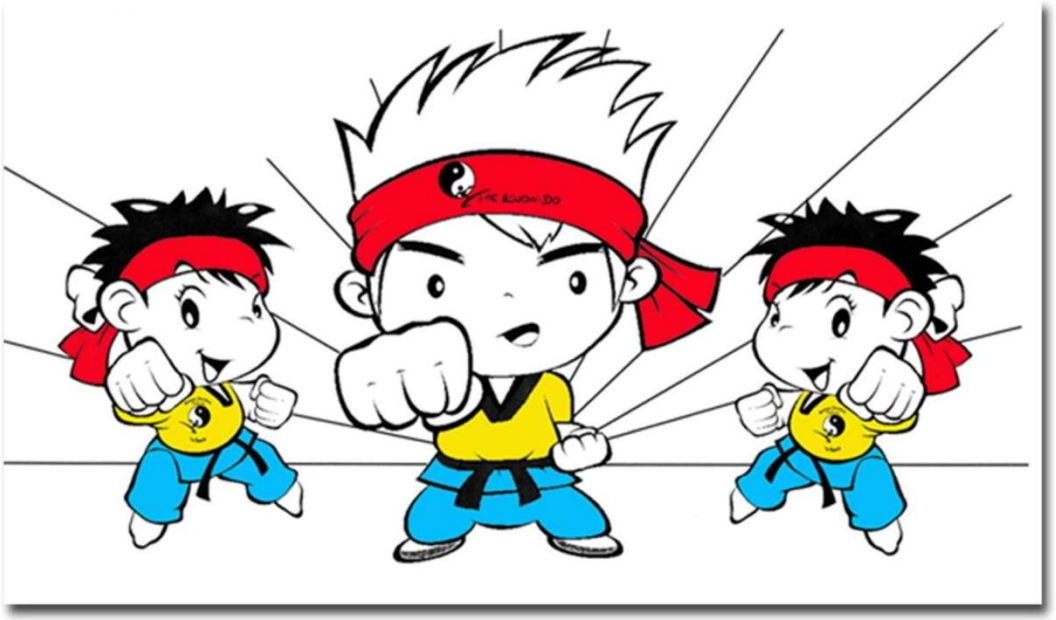
Pay as you go 45 minute classes

£6 per class all ages

Monthly once a week: £21

Paid on the first Saturday of the month

To encouraged juniors to attend additional sessions they can attend both Saturday classes for £11.



Junior classes run throughout the year including School holidays with just a 2 week close down over Xmas

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 childs 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.

Junior Taekwon-do

A black belt is a white belt who never gave up

The junior classes offer energetic exciting activities that aim to put the fun back into physical fitness and martial arts.
Children will see improvements in their fitness and flexibility through regular attendance and will also learn how their bodies work and how important it is to be active.

All our teachers are either fully qualified instructors or blackbelts with at least 5 years experience in Taekwon-do.

Activities will include games and martial arts training to keep the children motivated and having fun.
They will learn team work, listening skills,goal setting/achieving self control and many other things.
Martial arts is so much more than just punching and kicking.

With the concept of "goal attainment" via the belt system at the heart of martial arts, children discover a great route to focus on moving up the ranks with the satisfaction, self esteem and confidence this builds.

We have been running our Junior classes for 9 years and have over 30 students from beginners to black belt. We also have a very popular bespoke Achievement Badge scheme which runs alongside the TAGB belt system.

If you would like a hobby that you and your children could do together, why not try out one of our mixed classes?
Take a look at what's available on our website and consider your options.

Grading Requirements

TAEKWONDO

Minimum grading requirements

The times shown between gradings are actual. training times, not waiting times.

WHITE - GREEN

Adult and teenage students should be able to achieve the required standard to grade in around 18 classes at this level. Younger students will need at least double that number unless training twice a week.

After your first 2 belts we recommend all students attend 2 classes a week. Taekwon-do is not something you do occassionally like some activities.
To improve your skills and move through the grades takes regular training and commitment.

BLUE STRIPE: Minimum 24 classes

Students training 2 or more hours a week : 3 months training.
Students training once a week: Minimum 6 months training.

From blue belt you are considered an advanced coloured belt.
As such the level of effort commitment and attendance must also increase to develop the required understanding and skill level.

BLUE BELT - RED BELT: Minimum 36 classes

Students training 2 or more hours a week : 6 months training.
Students training once a week: Minimum 12 months training.

BLACK STRIPE - BLACK BELT

Students due to attend their black belt or Dan grading must be training regulary and NO LESS than 2 hours a week to be considered. All students must pass an assessment before being put forward to grade.

Red belts and above must also attend one pre black session every six months and three leading up to their black belt grading.

TAEKWONDO

Students will be updated on their progress between gradings through the student logs and regular emails.

All items available from your instructor.

TAE KWON-DO SHOP

Adults £40

Juniors £37

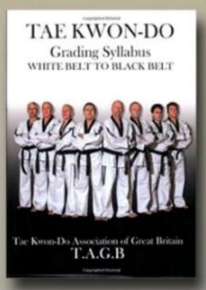
Rebreakable boards £23

Coloured belt doboks £24/ £21

Black belt doboks

Juniors £40

Adults £43

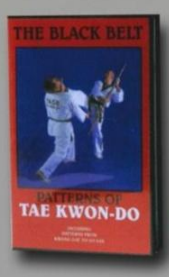


Syllabus £13.95

1st/2nd Dan patterns book £13.99

Large/small holdalls

Club T Shirt £15



Black belt DVD £26

Theory CD £10

Coloured belt DVD'S £22

Tagb Sparring Kit

TAGB T Shirts

£30

Headguard

£28

Gloves

£28

Feet

£17

Groin guard

£3.50

Gum shield

£9

String bag

Sparkle T shirts
Gold, silver, pink
purple or blue

£11

Shin guards

Training towells £9

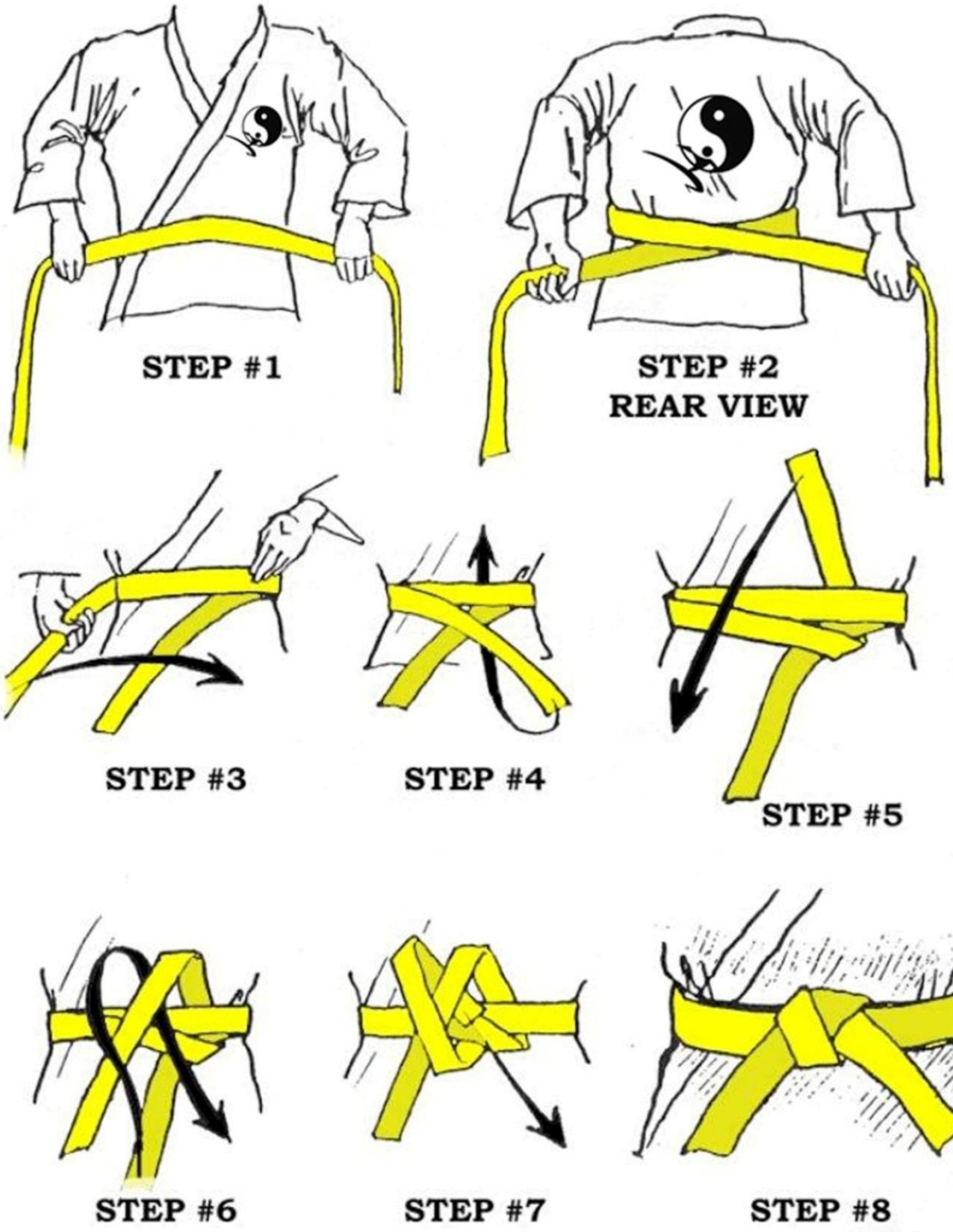
TAGB
Hoodies

Training bottoms

Reaction ball

Adult kick shield £28

How to tie your Taekwon-do belt

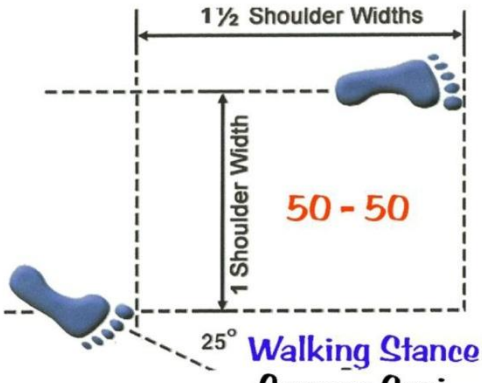


A video demonstration is included on the usb memory stick included with your starter pack and on the club website.

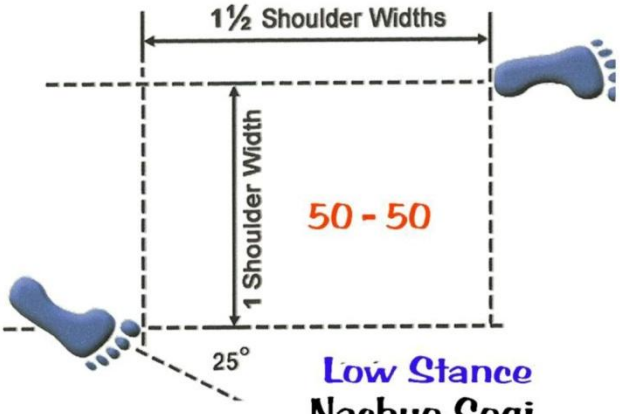
Taekwon-do Stances

Rear Foot Stance
Dwit Bal Sogi

Vertical Stance
Soojit Sogi



Walking Stance
Gunnun Sogi



Low Stance
Nachuo Sogi

L Stance
Niunja Sogi

X Stance
Kyocha Sogi

Fixed Stance
Gojung Sogi

Sitting Stance
Annun Sogi

Share your love of TKD

Lucky wheel

Your chance to win a prize when you bring along a friend for a free class.

One spin each time you bring a friend to class.

Win anything from cash, books, hoodies T shirts, kick paddles and more.....

Plus

Bring a friend offer 2020

대천도

TAE KWON-DO

One months free training for them and **£25 cash** for you if they go on to grade.

Do you know anyone who may want to start?

T.A.G.B.
TAE KWON-DO
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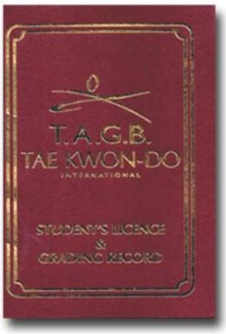
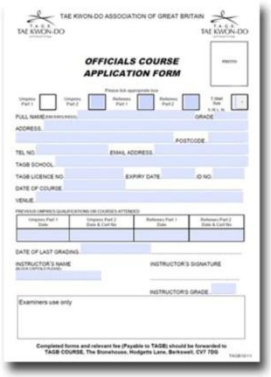
T.A.G.B. Price list



Licence renewals: £38
Late renewals: £43
Licences must be renewed at least 2 weeks before expiry date.

Competitions:
£15 per event
Team events: £5 per student
Spectators: £10 each

Umpires/Refs courses: £50
Instructors courses: £200



Coloured belt gradings £28

1st and 2nd Dan gradings: £160
3rd Dan grading: £170
4th Dan grading: £200

Useful addresses

Competitions:

Kettering Leisure Centre, Thurston Drive, Kettering, NN15 6PB
K2 Crawley Pease Pottage Hill Crawley West Sussex.RH11 9BQ
Hemel Hempstead Sports Centre Park Road, Hemel Hempstead, HP1 1JS
University of Worcester Arena, Hylton Road, Worcester WR2 5JN
University of Wales Institute Cardiff Cyncoed Road, Cardiff, CF23 6XD
Surrey Sports Park, Richard Meyjes Road, Guildford. Surrey. GU2 7AD
Arena Birmingham, King Edwards Road,Birmingham, B1 2AA

Grading and training venues:

Paringdon Sports Club, Paringdon Road, Harlow CM19 4QT
Bristol Tae Kwon Do Academy, 163a Church Road, Redfield, Bristol, BS5 9LA
Latton Bush Centre, Southern way, Harlow, CM18 7BL
Birchwood School, Parsonage Lane,CM23 5DB
Parsonage Hall, Parsonage Lane, Bishops, CM23 5PY
Epping Primary School, Coronation Hill, Epping CM16 5DU

TAGB courses:

Community Centre, Gomer Street, Willenhall, WV13 2NS
Portway Lifestyle Centre, Newbury Ln, Oldbury B69 1HE
TAGB Taekwon-Do Centre 194B Cowbridge Road, East Canton, Cardiff CF5 1GW
Bristol Tae Kwon Do Academy, 163a Church Road, Redfield, Bristol, BS5 9LA

Pre black belt sessions:

Ridden Court School, Cotswild Rd. RM3 0TS
Stoneygate Road,Luton,LU4 9TJ
The Reach School Uxbridge Road Rickmansworth WD3 8AB

New Black belt grading venue:

Hellidon Lakes Hotel and Golf Resort, Daventry, NN11 6GG

Clacton Summer/Winter camp:

Park Resorts Valley Farm, Valley Rd, Clacton on Sea Essex CO15 6LY

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.

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 your 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.

Calendar of events 2020

JANUARY
25th. Midlands Championships Kettering.

FEBRUARY
1st. Umpires 1 & 2 Portway Lifestyle Centre.
9th. Refs 1 & 2 Portway Lifestyle Centre.

MARCH
1st. Umpire 1 & 2 Cardiff.
15th. English Championships Coventry.

APRIL
24/25/26th. Black belt grading Daventry.

MAY
2nd. Umpires 1 & 2 Portway Lifestyle Centre.
3rd. Refs 1 & 2 Portway Lifestyle Centre.
10th. Welsh Championships Cardiff.

JUNE
6th Class assistant course Bristol Academy.
6th/7th. Instructors Part 1 Bristol Academy.

JULY

AUGUST

SEPTEMBER
5th. Scottish Championships.

OCTOBER
10th. Umpires 1 & 2 Cardiff.
11th. Refs 1 & 2 Cardiff.
23rd/24th/25th Black belt grading.

NOVEMBER
7th & 8th Instructors Part 2.
29th British Championships.

DECEMBER

COLOURED BELT GRADINGS

21st March 3pm
13th June 12pm
12th September 12pm
13th December 3pm

Paringdon Sports Club, Paringdon Road, Harlow CM19 4QT

SUNDAY PRE GRADING CLASSES
March 1st. May 31st. Aug. 23rd. Nov. 22nd.
11-1pm Parsonage Community Hall, CM23 5PY.

BLACK BELT GRADINGS

24th - 26th April.

23rd - 25th October.

LOCAL PRE BLACK SESSIONS
March 28th.
Rickmansworth. Ask for details.
April Saturday 4th.
Ridden Court School cotswold Road.
Romford RM3 0TS 12pm till 1pm all grades.
April Tuesday 7th.
Luton Stoneygate road LU4 9TJ 8pm till 9.15 all grades.
April Thursday 16th.
Luton LU4 9TJ 8pm till 9.15 all grades.
.....
September Saturday 26th.
Rickmansworth. Ask for details.
October Thursday 8th.
Luton 8pm till 9.15 all grades.
October Saturday 10th.
Romford 12pm till 1pm all grades.
October Tuesday 13th.
Luton 8pm till 9.15 all grades.

It is COMPULSORY for red belt (2nd Kups) and black stripe (1st Kups) to attend one of the 3 pre black belt training sessions, twice a year held in their area prior to the April and October black belt gradings and to get their licence signed by their area representative.
This is a requirement towards them being accepted to take their black belt grading exam.