

ABOUT US

The University of Alberta Taekwondo Club is a community that is eager to include athletes of all skills and fitness levels. We are proud to have a wide range of members with varying degrees of experience and proficiency, from black belts to white belts to people who are not yet familiar with the belt system. The club's primary focus is on fitness, which we achieve through learning and practicing the Korean martial art of Taekwondo. The club understands that the most crucial step in learning a new discipline is the first one, and so we gladly welcome beginners. Anyone who joins the club is instantly part of our community, and is invited to get together with us for practice and social events. Here at the University of Alberta Taekwondo Club, we are always looking for new members to join our inclusive community, and we hope to see you out soon.

[Register](#)

Execs



Eliana

VICE PRESIDENT



Hana

TREASURER



Jason

PRESIDENT



Terry

SECRETARY



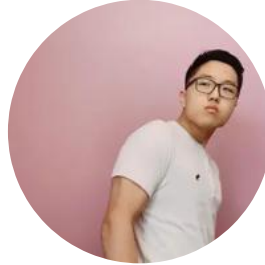


Weichen
SOCIAL MEDIA

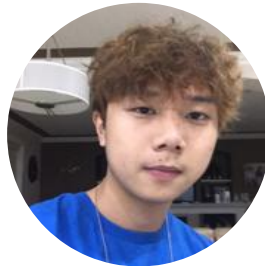
Mentors



Calvin
MENTOR



Daniel
MENTOR



Daren
MENTOR



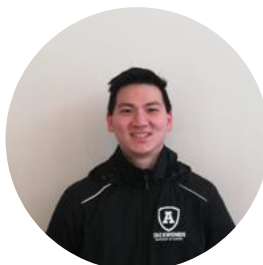
Hogan
MENTOR



Nam
HEAD MENTOR



Nikkie
MENTOR



Warren
MENTOR

FAQs

I don't have any taekwondo experience, can I still join?

Yes! We have lots of beginners in the club

Will all practices be in-person for Fall 2021/Winter 2022?

Yes, all club practices and events will be held in person

Practices have already started, can I still join?

Yes! We are constantly taking in new members

How much are club fees?

Club fees are \$30 per semester for students: \$20 to be paid via e-transfer to the club email and \$10 to Campus Rec via AIMS website. Non-students and grad students pay the same \$20 e-transfer but the AIMS fee is \$36. More details will be emailed to members later in the semester

Is there belt testing?

Unfortunately, the club does not provide belt testing.

I might get busy with classes, how many practices do I have to commit to?

There is no required commitment to the club, you can come as much or as little as you want

What do I need to bring to practice?

A change of clothes, a water bottle, and yourself

How long are practices and do I need to stay the entire time?

Our practices are generally between 1 and 2 hours long. But don't worry if you can only join for part of the practice! Just make sure to warm up and stretch on your own time.

What safety precautions are being taken for in-person practices?

See our club's COVID protocols:

https://docs.google.com/document/d/13yQiCcGIsN7oWfOXgYZ_ZJdIMIKMSYG_X4hrRWEE4

Where will practices be held?

Practices are held in the Education building room GB-23. You can find the room in the basement at the end of the hallway

Do I need to wear dobok (taekwondo training uniform) to practice?

No, dobok is not required. Many of our members opt for t-shirt and shorts. If you have a dobok, you are more than welcome to wear it to practice!

Are practices separated into skill levels, so that all participants are improving?

While practice times are not segregated by level, the instructors will adjust drills to better fit the levels of different people. For example when we do kicking drills, advanced people will be given longer and more challenging combos and during fitness portions, they will be given more reps/sets. We also do our best to group people together who have similar experience levels. This way everyone can enjoy the feeling of improving together!

Do members need to purchase any equipment?

No, all equipment is provided by the club for each practice

Can non-students join the club?

Yes, we accept non-students, including alumni, students from other schools, and staff. The only difference is that the fee paid to campus rec is higher for non-students. However, the club reserves the right to deny non-students in certain scenarios.

email crtkd@ualberta.ca

instagram [@ua_taekwondo](https://www.instagram.com/ua_taekwondo)

facebook [uofataekwondo](https://www.facebook.com/uofataekwondo)

youtube [@t1tkdclub](https://www.youtube.com/@t1tkdclub)