



# BEGINNER'S PACK



## HELLO AND WELCOME

My name is Sean Hardwick and I am the Chief Instructor of the club. I have been involved in Tae Kwon Do for the past 32 years and currently hold the grade of 6th Degree Black Belt Master. I have been teaching Tae Kwon Do for 20 years and have been running childrens Tigers classes for 14 years.

I am a fully qualified instructor with my qualifications being recognised by the British Sports Council, the British Tae Kwon Do Council and the Tae Kwon Do Association of Great Britain. I have also been advanced screened by the CRB (Criminal Records Bureau).

## WHAT IS TAE KWON DO TIGERS?

Tae Kwon Do is the Korean art of Kick Fighting, used by Korean Special Armed Forces for unarmed combat.

Tae Kwon Do Tigers is a childrens class offering energetic, exciting activities that aim to put the fun back into physical fitness and flexibility through regular participation in Tae Kwon Do Tigers.

They will also learn how their bodies work and how important it is to be active. We hope to encourage a positive attitude through martial arts that will benefit children throughout their adult lives.

Activities in Tigers include games and martial arts training to keep children motivated and having fun.

# WHAT HAPPENS TONIGHT?

Firstly you must remove your shoes and socks and sit at the side of the room until I call you all out to start.

The lesson will start by lining up and bowing to me.

You will then be given instructions on the warming up and strengthening exercises.

Certain Tae Kwon Do moves will then be taught.

You will be finishing the lesson by playing a speed game.

At the end of the lesson you must line up and bow to finish.

## IS TAE KWON DO SAFE FOR CHILDREN? YES!

Everything taught is safe and will be done under supervision by myself and senior grade Tiger coaches. We teach in a fun but disciplined environment with no mischievous behaviour allowed.



# TRAINING FEES AND COSTS

As a parent myself, I always like to know how much my child's activities will cost not only in the short term, but also as they become more established.

Due to this, I am listing below all of the expenses before you and your child start training in Tae Kwon Do, as I have always conducted the running of my club in a very professional manner.

## LESSON FEES: £32 per month

£32 per month by standing order OR £6.50 per lesson.  
Paying monthly gives unlimited training – NO contracts.

## SUIT: £40

Please note I do not advise you to buy a suit, until your child has been training for a minimum of 6 weeks.

## GRADING: £30 per grade

Grading, or taking belts, takes place three times per year.  
However, I will not allow students to enter into a grading until I am sure that they are ready.

## LICENSES: £40 per year

To progress to the first level of Tae Kwon Do, all students have to possess a martial arts license. This is a legal requirement due to the nature of the art they are learning.



# TRAINING TIMES

## Burntwood Club

Every Monday & Wednesday  
5.30pm – 6.15pm  
Erasmus Darwin Academy  
Pool Road, Chasetown  
Burntwood WS7 8QW

## Cannock Club

Every Tuesday & Thursday  
5.30pm – 6.15pm  
Cannock Chase High School  
Calving Hill,  
Cannock WS11 1JS



## Sean Hardwick

Chief Instructor & 6th Degree Black Belt

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Tae Kwon Do Burntwood & Cannock Club



BC Taekwondo



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