



# BEGINNER'S PACK

# WHAT IS TAE KWON DO?

Tae Kwon Do dates back over 2000 years, however it has only been recognised in its present day form since the middle of the twentieth century. Tae Kwon Do is derived from several martial arts with its main influence being Tae Kwon or Korean Kick Fighting. Literally translated **TAE** is kick or smash with feet, **KWON** means to intercept or strike with the hand and **DO** is the way of the art. Thus **TAE KWON DO** is the use of hands and feet to swiftly overcome an attacker.

# WHAT HAPPENS IN A LESSON?

The first part of any lesson is the warm up. This is most important as it prepares you for the lesson and will help develop fitness and strength.

Following the warm up we go into some stretching exercises which develops your flexibility and freedom of movement

Following the stretch we work on the following: traditional Tae Kwon Do, kicking, hand attacks, pad work, sparring, self defence, hand-to-eye co-ordination and reaction skills, power kicking, jump and flying kicks, weapon attacks and sports Tae Kwon Do to name only a few of the elements within the lesson.



# ABOUT YOUR NEW CLUB

Burntwood & Cannock Tae Kwon Do are the only officially recognised clubs in the area. The Burntwood Club has been going for 20 years alongside the Cannock Club which has been going for 32 years.

Both clubs are members of the T.A.G.B, the B.T.C and Tae Kwon Do International, which are all recognised by the British Sports Council. The T.A.G.B (or the Tae Kwon Do Association of Great Britain) is Europe's largest single martial arts organisation, with nearly 40,000 members and over 500 clubs. We are the biggest and the best!

The T.A.G.B offers you the opportunity to train with fully qualified instructors, grade under a 9th Dan Grandmaster and give you the chance to compete and spectate at the biggest competitions in the World.



## WHAT WILL TKD DO FOR YOU?

### MEN

Tae Kwon Do will improve your fitness, flexibility and most of all your confidence. It will help you channel your aggression should the need arise. Right from the first lesson you will start developing a whole new range of skills and capabilities with the opportunity to realise self achievement.

### WOMEN

In these days of increasing violent attacks on women it has now, more than ever, become necessary for women to be prepared to protect themselves. More and more women are turning towards martial arts for protection, and Tae Kwon Do can certainly provide this. It is a superb form of self defence and also a great way to keep fit and trim. Tae Kwon Do is safe, practical and most of all enjoyable.

### CHILDREN

Children who acquire self confidence at an early age are far more likely to succeed in their ambitions. Tae Kwon Do is arguably the best method of installing confidence into children and at the same time emphasises the importance of respect and discipline.

## YOUR INSTRUCTOR

Master Sean Hardwick has 32 years experience in Tae Kwon Do and a 6th Degree Black Belt.

Sean has fought around the World as part of the British National Team and has been National Champion several times, holding a World ranking of No 2 for four years.

Sean has also trained in Judo, Shotokan, Lau Gar, Muay Thai, Jiu Jitsu and was a successful ABA boxer.



## CLASS TIMES

### BURNTWOOD

Every Monday & Wednesday  
Mixed Class 7.00pm - 8.00pm

### CANNOCK

Every Tuesday & Thursday  
Mixed Class 7.00pm - 8.00pm

## CLUB ADDRESSES

### Burntwood Club

Erasmus Darwin Academy  
Pool Road, Burntwood  
Staffordshire WS7 3QW

### Cannock Club

Cannock Chase High School  
Upper School Gym, Calving Hill,  
Cannock, Staffordshire WS11 1JS

## METHODS OF PAYMENT

**Lesson fees are £32 per calendar month.**

This is payable on the first lesson of the new month and will entitle you to train a minimum of twice a week or a maximum of 4 times a week if so desired. A second option is to pay an individual lesson fee of £6.50, however please note to get the most from Tae Kwon Do you need to train twice per week.

## DRESS CODE

To start training all you need to wear is something loose and casual for example sports wear is ideal. After about six weeks it will be time for you to order your Tae Kwon Do uniform known as a Dobok which you can obtain through your instructor. Please note wearing of jewellery and watches is not permitted for the safety of yourself and your fellow students.

## INSURANCE

You are fully covered under your instructor's public liability insurance however, as you approach your first belt you will have to obtain a martial arts license, part of which will be your higher grade insurance and your license to fight.



### Sean Hardwick

Chief Instructor & 6th Degree Black Belt

Telephone

**01543 570036**

Mobile

**07773 901281**

Email

**sean@taekwondo.uk.net**

Website

**www.taekwondo.uk.net**



Tae Kwon Do Burntwood & Cannock Club



BC Taekwondo



bctaekwondo