

NEW STUDENT WELCOME PACK

Kernow Tae Kwon-Do Academy of Excellence



Includes:

- Welcome and information letter
- Rules & Regulations
- Guide to Martial Arts Courtesy
- White Belt Theory
- Kernow TKD Academy enrolment form

Welcome to Kernow T.A.E.

Kernow Tae Kwon-Do Academy of Excellence

Building a more peaceful world ...

I would like to welcome you to **Kernow Tae Kwon-Do Academy of Excellence** and to congratulate you on making the decision to improve your health and well-being through Tae Kwon-Do training.

Tae Kwon-Do is the **Korean Art of Self-Defence**, which was officially launched in 1955 after extensive scientific research by some of the most experienced Korean martial art Masters. It is not a new Art though, as its roots go all the way back into Korean History, long before martial arts had reached Japan. Tae Kwon-Do is famed for its dynamism as it has the most extensive and impressive range of kicking techniques of all the martial arts and combined with its devastating hand techniques, it is a formidable form of self-defence. The Art also improves confidence, stamina and flexibility.

My name is Liam Broderick and I am the Chief Instructor of the Academy. I began my training in October 1991, gaining my Instructor qualifications in 1994 and my 1st Dan Black Belt in October 1996. I qualified as a Tae Kwon-Do Umpire in 1998 and Referee in 2001, and gained my 2nd, 3rd and 4th Dan Black Belts in 2001, 2003 and 2009 respectively. I opened Truro Tae Kwon-Do Academy in 2005 and Camborne Tae Kwon-Do Academy in 2009. I have a BSc Degree in Environment Management and work as an Ecologist for the Environment Agency.

Kernow Tae Kwon-Do Academy of Excellence is a continuation of two of the longest-running Tae Kwon-Do Schools in Cornwall (Camborne in 1991 and Truro in 1993). We pride ourselves on our technical ability, courtesy and discipline and our black belt Instructor team provides an excellent range of both traditional and modern Tae Kwon-Do training. We attend many seminars and competitions every year and support a number of charities including Water Aid and the RNLI. The school also operates comprehensive *health & safety, child protection* and *equal opportunity and diversity* policies to ensure that we all train in a safe, tolerant and friendly environment. Classes are held at:

Truro Leisure Centre on Sundays at 6pm and Fridays at 8pm
Pool Business & Enterprise College on Mondays and Weds at 7pm
Maps to venues at www.truro-taekwondo.com and www.camborne-taekwondo.com

Kernow T.A.E. is a member of **Global Tae Kwon-Do International (G.T.I.)**, an organisation with schools throughout the UK and Republic of Ireland, offering excellent support to our school, with professional gradings (always under a panel of Tae Kwon-Do experts), seminars, training courses and numerous competitions throughout the year.



Before you commence your training I would ask if you could do two things. Firstly, for insurance purposes you are required to fill out a **licence application form** (don't worry, you won't need to obtain a licence until after your introductory training period if you decide you'd like to stay). Secondly, could you please complete a **student enrolment**

form after reading through the **Rules & Regulations**. Please speak to me if you have any questions about these.

I hope you enjoy your training with us and your first month* is **free** (see below). Always be aware that you can ask the black belts, or myself, any questions you may have and if you ever have any problems, whether inside the school or outside, you can always speak to me confidentially.

Liam Broderick, 4th Dan, Chief Instructor

List of Training Fees Payable

	(by standing order)	(by cash or cheque)
Adults (18 and over)	£24.00 per month	£26.00 per month
Juniors (5 to 17)	£18.00 per month	£20.00 per month
Family (up to 4 people) (max. 2 adults)	£36.00 per month	£38.00 per month
Licence	£25.00 per year	

Please Note:

- Fees are due in the first week of a month, for that month.
- A student receives their first month* free with no fees to pay if they decide not to continue training after that period.
*The definition of the free trial month is 8 sessions or 4 weeks, whichever is the shorter time.
- Licences are a requirement for all martial arts students and must be obtained at the end of the trial period.
Licences are valid for 12 months and are renewed annually.
- The training fees allow a student to train in all other GTI schools **free of charge**
(Camborne Mon/Weds, Newquay Weds/Fri, St Austell Tues/Fri, Truro Fri/Sun).
- The Instructor reserves the right to alter the fee structure
- Fees are payable every month.
If you are unable to attend for a month please inform the instructor in advance.

Contact:

Liam Broderick, Chief Instructor – Tel: 01637 852044
Mobile: 07855 734984 (call or text)
Email: instructor@cornwall-taekwondo.com
Websites: www.cornwall-taekwondo.com www.truro-taekwondo.com
www.camborne-taekwondo.com

Beginner Information

Further beginner information can be found at:
http://truro-taekwondo.com/10th_kup.aspx

This includes white belt theory sheets, technical images plus various slideshows

Kernow Tae Kwon-Do Academy of Excellence

Rules and Regulations

We work together to make our training and safe, friendly and tolerant as possible. The following *Rules and Regulations* must be read and understood by all students before training commences. Please do not hesitate to ask me anything you are unsure about.

Liam Broderick, Chief Instructor

Part A: Dress Code

1. A white GTI training suit shall be purchased before your first grading
2. Your training suit shall be clean and free of creases for each lesson
3. A clean white GTI suit shall be worn at each grading and official event (GTI official competition, black belt training etc)
4. A club suit (K-T.A.E. or GTI) is permitted during normal class times and at Open events
5. Jewellery shall be kept at a minimum. No dangling or sharp-edged earrings or accessories are permitted during training (small earrings are permissible). Necklaces and watches shall be removed. Please note that medic alert jewellery is permissible but should be as safe as possible. If you are wearing jewellery for cultural reasons please inform your Instructor immediately. No jewellery is permitted at official GTI events.
6. Students are permitted to wear T-shirts under the training suit but these must match the colour of the suit worn.
7. Females may choose to wear black GTI training suit trousers with a white GTI training suit top. These are available for purchase from your Instructor.
8. Belts should be worn in the correct manner. Please speak to any black belt if you are unsure of this. Please note that other martial arts may tie a belt in a different way.
9. A club badge is permitted on the right breast of the GTI white suit and a Korean flag patch on the right arm, equidistant from the shoulder and elbow.
10. A student must maintain a high standard of personal hygiene. Nails should be clean and clipped and long hair should be tied back. Hands must be washed prior to training.

Part B: Conduct

1. The safety of yourself and other students shall be your primary consideration during Tae Kwon-Do classes. Please inform your Instructor if you feel that safety has been compromised.
2. All techniques shall be controlled to the best of your ability. Tae Kwon-Do is a non-contact martial art and self-control will be demonstrated at all times. Unsafe techniques must never be used.
3. Swearing in the training hall or at official events is strictly forbidden.
4. A student must never chew gum whilst wearing a training suit or during any training session.
5. Smoking is not permitted whilst wearing a training suit or in any public premises.
6. Eating is not permitted in the training hall without the express permission of the Instructor.
7. Water and light liquid refreshments are permitted in the training hall. Inform your Instructor if you need a drink. Any spillages must be reported to the Instructor immediately.
8. Toilet breaks during training are allowed but please try to go before training.
9. Training whilst under the influence of alcohol or drugs is expressly forbidden. If you are taking any medication that may affect your performance, please inform your Instructor before the session.
10. Any medical conditions, illnesses or infections should be reported to your Instructor immediately. A student shall try to minimise the transmission of any illness during training time. As a general rule, do not train if you feel unwell or are injured.
11. No weapons, ceremonial or real shall be brought into the training hall without the permission of the Instructor.
12. **All students shall be treated with courtesy and respect** and bullying in any form shall be severely dealt with. **You will follow the guide on Martial Arts Courtesy.**

Part C: Behaviour

1. A student shall bow to the national flags upon entering and leaving the training hall. If the flags are not flying the student should bow anyway and visualise them.
2. Students shall line up in grade order and bow to the Instructor at the start and end of each lesson. Black belts will line up in grade and age order.
3. Students shall address black belts, or any grade teaching them, as Sir or Ma'am or by their surname, eg. Mr Broderick and also be respectful to all martial artists.
4. A student shall bow and say "thank you, Sir", when told to relax (Cho's).
5. A student shall not leave or enter the line-up without the permission of the Instructor.
6. A student shall refrain from fidgeting or talking whilst in the line.
7. A student shall only adjust their suit when told to relax and shall turn to face the back of the class whilst doing so.
8. A student shall retain a ready position until told to relax and shall never place both hands on the hips or stand with arms folded. Clasp hands in front or behind is acceptable.
9. A student shall not question the Instructor in front of other students.
10. A student must obey the commands of the Instructor.

Part D: Safety

1. All students must be aware of the fire exits and evacuation procedures. Please ensure that you read the notices at each training or event venue. Please speak to your Instructor if you are unsure.
2. A student should not train if unwell or injured (see rule B:10).
3. A student should be aware of the surroundings, inspecting the training area for hazards, such as training bags, shoes, objects or wet patches on the training floor and furniture or equipment.
4. A student must place their personal items in a safe place before training commences.
5. A student is responsible for their personal belongings at all times.
6. Safety gear must be purchased by 8th Kup (yellow belt). This includes hand, feet, head and shin protection. This safety gear must be purchased from the Instructor, or approved for use in the training hall if not purchased through the Instructor. Sparring gear should be replaced when damaged or worn. Gloves must enclose the fingers.
7. Students must maintain enough distance between themselves and others to maintain safety.
8. Only safe and approved techniques shall be used (see rules B:1 and B:2)
9. A student must never run in the training hall unless told to do so by the Instructor.
10. A student must follow the commands of the Instructor during an incident or emergency.

Part E: Obligations

1. A new student must complete a licence application, read through the Rules and Martial Arts Courtesy guide, then complete a student registration form before training can begin.
2. A student must obtain a GTI licence within the first 4 weeks and renew it annually. This licence must be kept safe and it is the responsibility of the student to inform the Instructor a month before it needs to be renewed and to submit it for gradings. Late licence payments incur a fine to be paid by the student.
3. Training fees are to be paid in the first 3 sessions of the month and may incur a fine if late. Fees are liable for every month, whether a student attends training. A student must inform the Instructor beforehand if they cannot pay in the first 3 sessions or are taking a month's break or fees and even fines may be liable.
4. A student must sign the attendance register at the start of every lesson.
5. A student must follow the chain of command, with questions and issues passed to the Instructor, who passes to the Area Rep, who passes to the committee.
6. A student must take full responsibility for their own safety during training.
7. A student must never misuse Tae Kwon-Do.
8. A student must understand these rules and seek guidance from the Instructor if unsure of any of the points.
9. The Instructor has the right to amend and interpret these rules and to take any reasonable action to enforce them. This may include exclusion, suspension and expulsion of rule-breaking students

Know your limits, stay safe and enjoy your training...

Courtesy in the Martial Arts

A guide for all Tae Kwon-Do students

There are 5 primary tenets (guiding principles) that apply to all aspects of Tae Kwon-Do training:

Courtesy – Integrity – Perseverance – Self-Control – Indomitable Spirit

There is a reason that Courtesy is listed first and I would like all students to be aware of what Courtesy truly means.

To a beginner student we define Courtesy as:

To be polite to one's instructors, seniors and fellow students

But Courtesy is much more than this. We first discover Courtesy in our training when we learn to bow; a mark of respect and humility that we use each time we enter or leave the class, at the beginning and end of each lesson, each time we partner another student and so on. By performing the bow we are demonstrating a commitment to the tenet of Courtesy, but do we truly understand how to demonstrate Courtesy in other ways?

Demonstrating Courtesy:

1. **Have good manners** – a student should be polite and respectful both inside and outside of the training hall. For example, a student should not barge another student out of the way to gain a position in the line-up or swear, be rude or disrespectful and so on.
2. **Show social responsibility** – a student should not pester, harass or bully anyone, especially other students. There should be no inappropriate touching, comments or innuendos (speak to your Instructor for more details). Students must respect the privacy and space of others and commit to keeping each other safe.
3. **Show equality and tolerance** – a student must never discriminate against anyone regardless of their sex, age, race or lifestyle preferences. Whilst we may line up in order of rank, this is only a statement of how a student has progressed in the Art.
4. **Be helpful** – a student should help as much as possible. This may be helping others to improve techniques or tie their belts, holding doors open, helping to carry equipment and so on.
5. **Be respectful to the Art of Tae Kwon-Do** – a student must follow the rules and etiquette of Tae Kwon-Do and the martial arts. A student should not be disrespectful to their own Art or to other martial arts.

I could go on for hours on this subject but I would like to think that all students are aware that Tae Kwon-Do cannot function without Courtesy. The other four tenets rely on courteous behaviour. We stay safe if we have Courtesy. We have fun and enjoy ourselves if we show Courtesy. Remember that good manners, tolerance and good behaviour are a sign of strength not weakness, and create true Martial Artists that an Instructor can be proud of...

Liam Broderick, 4th Dan, 2009

Grading Info: 10th Kup White Belt

For more info consult Training Manual One: Fundamental Tae Kwon-Do © available from your Instructor

Grading Syllabus for 10th Kup

Exercises

Sitting stance single punches (10)
 Front rising kicks, left & right (10)
 Press-ups (10)
 Sajo-Jirugi number 1 (see p.4)
 Sajo-Jirugi number 2 (see p.4)
 Three-step sparring number 1 (see p.4)

Linework

Middle obverse punch (Walking Stance)
 Low outer forearm block (W-S)
 Middle inner forearm block (W-S)
 Combination: Middle inner forearm block, reverse punch (W-S)
 Front snap kick (L-stance forearm guard)

Basic self defence (see p.4)

Theory relevant to grade

Essential Korean Terms for 10th Kup

Counting in Korean

One	HANNA
Two	TOLL
Three	SET
Four	NET
Five	DASOLL
Six	YOSOLL
Seven	ILLGO
Eight	YODOLL
Nine	AHOP
Ten	YOLL

General Terms

Training Hall	DOJANG
Training Suit	DOBOK
Instructor	SABUM
Belt	TI
Student	JEJA
Punch	JIRUGI
Kick	CHAGI
Block	MAKGI
Stance	SOGI
Obverse	BARO
Reverse	BANDAE

Commands

Attention	CHARYOT
Bow	KYONG-YE
Ready	CHUNBI
Start	SIJAK
Back to ready	BARROL
About turn	DWIYO TORO
Relax	CHO'S
Dismissed	HASSAN

Body Sections

Low Section	NAJUNDE
Middle Section	KAUNDE
High Section	NOPUNDE

Body Parts

Forefist	AP JOOMUK
Forearm	PALMOK
Inner forearm	AN PALMOK
Outer forearm	BAKAT PALMOK
Ball of the foot	AP KUMCHI

Stances

Attention Stance	CHARYOT SOGI
Parallel Stance	NARANI SOGI
Ready Stance	CHUNBI SOGI
Parallel Ready Stance	NARANI CHUNBI SOGI
Sitting Stance	ANNUN SOGI
Walking Stance	GUNNUN SOGI
Walking Ready Stance	GUNNUN CHUNBI SOGI
L-Stance	NIUNJA SOGI

Techniques

Middle inner forearm block	KAUNDE AN PALMOK MAKGI
Low outer forearm-block	NAJUNDE BAKAT PALMOK-MAKGI
Forearm guarding block	PALMOK DAEBI MAKGI
Four-directional punch	SAJO-JIRUGI
Middle obverse punch	KAUNDE BARO JIRUGI
Middle reverse punch	KAUNDE BANDAE JIRUGI
Front kick	AP CHAGI
Front rising kick	AP CHAOLIGI
Side rising kick	YOP CHAOLIGI

Essential Grading Theory for 10th Kup

You must learn the following to be eligible to grade to 9th Kup

Belt Colours

White: White Belt signifies **innocence**, as that of the **beginning student** who has **no previous knowledge of Tae Kwon-Do**

Yellow: Yellow Belt signifies **earth**, from which a **plant sprouts** and takes root as a **Tae Kwon-Do foundation is being laid**

Tae Kwon-Do

TAE means to jump, kick or smash with the **foot**
KWON means a **fist**, chiefly to punch or destroy with the hand or fist
DO means the **art**, way or method

Tae Kwon-Do comes from **Korea**

Tae Kwon-Do was founded by **Major General Choi Hong Hi, 9th Dan** on **11th April 1955**

Tae Kwon-Do was brought to Britain by **Master Rhee Ki Ha** in 1967

The TENETS of Tae Kwon-Do

(Moral principles to follow) **C-I-P-S-I**

COURTESY – to be **polite** and show **respect** e.g. saying *'thank you Sir'* or to bow
INTEGRITY – to be **honest** and know what is **right and wrong**
PERSEVERENCE – to **work hard** and **keep trying**
SELF-CONTROL – to **know your limits** and make sure yourself and others **stay safe**
INDOMITABLE SPIRIT – to show **courage** even against overwhelming odds

ALSO: Your **Instructor** is: **Mr Liam Broderick, 4th Dan**

What is Sajo-Jirugi and how many moves does it have?

10th Kup General Knowledge

A four-directional punching exercise with 15 moves.

Why do we practice front rising kick?

To prepare the legs for kicking, develop balance and co-ordination and as a stretching exercise.

Why do we do press-ups?

To strengthen and condition the hands, wrists and arms, especially the forefist (AP JOOMUK), which is the punching weapon.

Why do we bow when we enter and leave the Dojang?

We bow to the Korean and national flags as a mark of respect to those nations and Tae Kwon-Do in general. If the flags are not up, they should be visualised in the mind and still bowed towards.

Why do we address black belts as 'Sir' or 'Ma'am' or by their surname?

As a mark of courtesy and respect for the effort they have given towards improving the Art.

Describe parallel ready stance

Feet parallel; one shoulder-width wide; arms slightly bent; fists in front of groin area.

Describe walking stance

50/50 weight distribution; one shoulder-width wide; one and a half to two shoulder widths long; back leg straight and locked (back toes point forwards) front knee bent with front foot pointing forwards.

Tae Kwon-Do Beginner Basics

- There are 2 basic blocks that beginners learn: **inner forearm block** and **outer forearm block**.
- When standing with your arms by your sides with the knuckles facing front, the inner forearm is on the inside and the outer forearm is on the outside (away from the body).
- The blocking tool is the first 5cms (2") up the arm from the bones at the base of the wrist.
- There is one type of inner forearm block to learn: **middle section inner forearm block**.
- There are two outer forearm blocks to learn: **middle section outer forearm block** and **low section outer forearm block**.
- Beginners also need to learn **middle section fore-fist punch**.

Figure A



Middle Section Inner Forearm Block

Start position (left arm block): Both arms are up alongside the right side of the head. The right arm is closest to the body with the knuckles facing. The left arm is outside or underneath the right arm with the knuckles facing.

End position (left arm block): Both arms rotate through 180°. The right arm ends on the hip, knuckles facing down. The left arm ends with the fist level with the shoulder, knuckles facing down (see Figure A). The arm ends bent 90° at the elbow.

Outer Forearm Block

Start position (left arm block): Both arms are up alongside the right side of the head. The right arm is furthest from the body with the knuckles facing. The left arm is inside (on top) of the right arm with the underside/wrist facing. The start position is the same for both middle and low section blocks.

End position for middle (left arm block): Both arms rotate through 180°. The right arm ends on the hip, knuckles facing down. The left arm ends with the fist level with the shoulder, knuckles facing up (see Figure B). The arm ends bent 90° at the elbow.

End position for low (left arm block): Both arms rotate through 180°. The right arm ends on the hip, knuckles facing down. The left arm ends with the fist just below groin height, with the knuckles facing up (see Figure C showing the arm approaching its end position). The arm ends only slightly bent at the elbow.

Figure B



Figure C

Blocking tool

Attacking tool

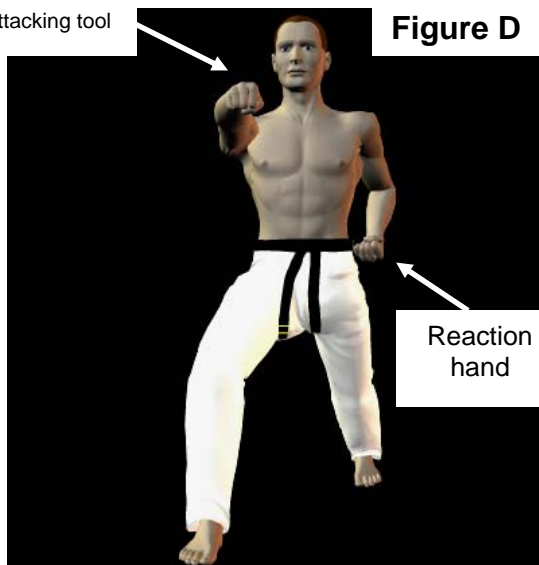


Figure D

Middle Section Fore-fist Punch

The fore-fist punch is called an **obverse punch** if it is over the front (leading) leg (i.e. right arm punch with the right leg forward in the stance as in Figure D). If it is not over the leading leg (i.e. a left arm punch with the right leg forward in the stance) it is known as a **reverse punch**.

The **fore-fist** has the first two knuckles (those attached to the index and middle fingers) as the attacking tools. The fist is held tight, with the thumb tucked underneath.

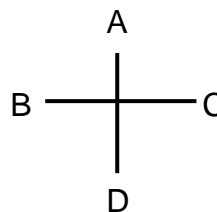
The **fore-fist punch** travels from the hip (starting with the knuckles facing down) and rotates through 180° to end with the knuckles on the top. The shoulders should be square and the punch in a direct line with the sternum (in line with the centre of the body).

Four-Directional Punch - Sajo-Jirugi

The four-directional punch is an exercise for the beginning student that develops basic Tae Kwon-Do technique, co-ordination, body shifting and balance. This exercise provides the basis for all 24 Tae Kwon-Do patterns to follow. KIHAP means SHOUT! There are two variants:

Number 1. Low Outer Forearm Block

Parallel Ready Stance – Start at cross facing A
NARANI CHUNBI SOGI



Part One: Move anticlockwise with the **right** foot only. The left foot pivots on the cross.

1. Move right foot to A, right walking stance, right punch
2. Move right foot to C, left walking stance, left low block, facing B
3. Move right foot to B, right walking stance, right punch
4. Move right foot to A, left walking stance, left low block, facing D
5. Move right foot to D, right walking stance, right punch
6. Move right foot to B, left walking stance, left low block, facing C
7. Move right foot to C, right walking stance, right punch (KIHAP)

8. Move the **right** foot to form a parallel ready stance facing A

Part Two: Move clockwise with the **left** foot only. The right foot pivots on the cross.

9. Move left foot to A, left walking stance, left punch
10. Move left foot to B, right walking stance, right low block, facing C
11. Move left foot to C, left walking stance, left punch
12. Move left foot to A, right walking stance, right low block, facing D
13. Move left foot to D, left walking stance, left punch
14. Move left foot to C, right walking stance, right low block, facing B
15. Move left foot to B, left walking stance, left punch (KIHAP)

End: Move the **left** foot to form a parallel ready stance facing A

Sajo-Jirugi number 2. Middle Inner Forearm Block

Perform exactly as Number 1 but replace all low blocks with middle inner forearm blocks

Note: A right walking stance has the right foot forwards and a left walking stance, left foot forwards

White belt Kicking Combinations *(not required for grading)*

1. Turning kick, turning kick, reverse punch.
2. Turning kick, turning kick, reverse punch, side punch.
3. Front kick, turning kick, turning kick, reverse punch.
4. Reverse punch (drop rear leg back into walking stance), front kick, turning kick, step side kick.
5. Turning kick, step side kick, step side kick.

Three-Step Sparring 1 *(required for grading)*

Attacker starts, right leg back, left walking stance, left low outer forearm block
Defender starts in parallel ready stance

Defence 1: Right leg back, walking stance middle inner forearm block (three times to the inside), counter with a reverse punch (right arm) in walking stance.

Basic Self-Defence *(required for grading)*

Single wrist grab, single lapel grab (same side and opposite side)

Kernow Tae Kwon-Do Academy of Excellence Student Registration



태권도

Surname -----

First Name(s) -----

Title (*Mr, Miss, Mrs, etc.*) -----

Date of Birth (*DD/MM/YYYY*) ___ / ___ / ___

Address -----

Town -----

Postcode -----

Home Phone (_____) -----

Mobile -----

Email -----

Height ___ cm / feet, inches* Weight ___ kg / stones, lbs.*

* delete as appropriate

Date training commenced (*DD/MM/YYYY*) ___ / ___ / ___ (or approx. date)

Name of Emergency Contact: -----

Contact Number of Emergency Contact: -----

Any Health Problems that may affect training: -----

Employment Details (*optional*) -----

How did you find out about our school? -----

ALL INFORMATION WILL REMAIN STRICTLY CONFIDENTIAL BETWEEN THE STUDENT AND INSTRUCTOR

I have received, read and understood Kernow T.A.E.'s Rules & Regulations and I agree to abide by them. I understand that martial arts may carry the risk of injury. I understand that photographic and video equipment may be used for promotional and training purposes.

Signed ----- Date ___ / ___ / ___

If under 18, this form should be signed by a Parent or Guardian. Please tick if so

Please tick if you do not wish to receive correspondence from K-T.A.E. by post

For Admin use only:

Added to database StudentID _____ School _____