

NEW STUDENT WELCOME PACK

Welcome to Kernow Tae Kwon-Do Academy of Excellence



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 am also a qualified Grading Examiner. 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 Help for Heroes, Children in Need, 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:

Cornwall Cricket Centre, Truro College on Sundays at 6pm and Fridays at 7pm
Pool Academy 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 you, for insurance purposes, 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).

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)	(avg cost/lesson/pp)^
Adults (18 and over)	£26.00 per month	£30.00 per month	£3.25
Full time students	£20.00 per month	£24.00 per month	£2.50
Juniors (5 to 17)	£20.00 per month	£24.00 per month	£2.50
Family (up to 4 people) (max. 2 adults)	£40.00 per month	£44.00 per month	£1.25
Licence	£25.00 per year / £20 to renew		

Please Note:

- Fees are due in the first 3 sessions 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, 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.
- ^ Average cost per lesson assumes 8 lessons per month average and based on family of 4 for the average cost per lesson per family

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

Student Behaviours and Expectations

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

Liam Broderick, Chief Instructor

New Students: please sign a Kernow TAE licence form before the first session (parent/guardian to sign for under 18s) and wear clothing suitable for Tae Kwon-Do training.

The **safety and self-respect** of yourself and other students shall be your primary consideration during Tae Kwon-Do classes. Please inform your Instructor if you feel these have been compromised.

Part A: Cleanliness and Dress Code

1. Please be clean & showered for each session, with nails clean and clipped and long hair tied back. Any suit or clothing should also be clean.
2. You will need a white GTI training suit for your first grading and this shall be worn at each grading and official event (GTI official competition, black belt training etc). These suits should be clean and free of creases for each lesson. A club suit (K-T.A.E. or GTI) is permitted during normal class times and at Open events. Belts should be worn in the correct Tae Kwon-Do manner.
3. Please keep jewellery to 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.
4. Students are permitted to wear T-shirts under the normal training suit but these should match the colour of the suit worn and females may choose to wear black GTI training suit trousers with a white GTI training suit top.
5. A club badge is permitted on the right breast of the GTI white suit after 9th kup and a Korean flag patch on the right arm, equidistant from the shoulder and elbow after 4th kup.

Part B: Behaviour and Conduct

1. All techniques shall be controlled to the best of your ability. Tae Kwon-Do is a light-contact martial art and self-control will be demonstrated at all times. Unsafe techniques must never be used.
2. Never swear, chew gum or smoke in or near any Tae Kwon-Do lesson or event
3. Eating is not permitted in the training hall without the express permission of the Instructor.
4. 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.
5. Toilet breaks during training are allowed but please try to go before training.
6. 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.
7. 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.
8. No weapons, ceremonial or real shall be brought into class without the permission of the Instructor.
9. All students shall be treated with courtesy and respect
10. 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.
11. 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 order with juniors standing to the left of any adult of the same grade.
12. 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.

13. A student shall bow and say “thank you, Sir”, when told to relax (Cho’s).
14. A student shall not leave or enter the line-up without the permission of the Instructor.
15. A student shall refrain from fidgeting or talking whilst in the line.
16. A student shall only adjust their suit when told to relax and shall turn to face the back of the class whilst doing so.
17. 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.
18. A student shall not question the Instructor in front of other students.
19. A student must obey the commands of the Instructor.

Part C: 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 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.
3. A student must place their personal items in a safe place before training commences and is responsible for their personal belongings at all times.
4. Safety gear should be purchased by 8th Kup (yellow belt). This includes hand, feet, head and shin protection. This safety gear should 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.
5. Students must maintain enough distance between themselves and others to maintain safety.
6. Only safe and approved techniques shall be used
7. A student must never run in the training hall unless told to do so by the Instructor.
8. A student must follow the commands of the Instructor during an incident or emergency.

Part D: Obligations

1. A student must obtain a GTI licence at the end of the trial period 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.
2. 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 from training.
3. A student must sign the attendance register at the start of every lesson.
4. A student must take full responsibility for their own safety during training.
5. A student must never misuse Tae Kwon-Do.
6. 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

Part E: 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.
6. **Be clean and tidy for each lesson** – a student should be hygienically clean, with a clean training suit, suitable for working closely with others.

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

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
 Sajo-Jirugi number 2
 Three-step sparring number 1

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

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 / front snap kick	AP CHAGI / AP CHABUSIGI
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**

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**
and inaugurated on **11th April 1955**

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

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

The TENETS of Tae Kwon-Do

(Moral principles to follow) **C-I-P-S-I** (see p.112)

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

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

A four-directional punching exercise with 15 moves.

10th Kup General Knowledge

What part of Tae Kwon-Do do you like best?

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 over front heel with front foot pointing forwards.

Why do we wear white suits?

The white indicates purity and equality to show that we are all equal. The belt colours are an indication of the abilities and experience of a student, not their status.

Tae Kwon-Do Beginner Basics

These are the basic techniques for a beginner:



Middle Obverse Punch in Walking Stance

- walking stance is 2 shoulders widths long and 1 wide
- shoulders are square
- punch is shoulder height over the front leg— fist is tight
- punch is directly in front of the sternum
- reaction fist is upside down on the hip
- (reverse punch is on the rear leg side of the stance)



Low section outer forearm block in Walking Stance

- block starts inside the reaction
- block ends just above the waist, knuckles on top
- the elbow is slightly bent
- reaction fist is upside down on the hip



Middle section inner forearm block in Walking Stance

- block starts outside the reaction
- block ends fist at shoulder height, knuckles facing away
- the elbow is bent 90-degrees
- reaction fist is upside down on the hip

Front rising kick

Front Snap Kick

Sitting Stance Punches



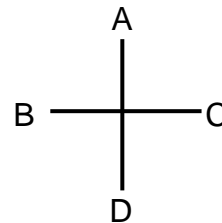
Grading Exercise: Four-Directional Punch

SAJO-JIRUGI No.1

The four-directional punch (SAJO-JIRUGI in Korean) 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 the Tae Kwon-Do patterns to follow. There are two variants:

Number 1: low outer forearm block defence

Start at cross facing A in: parallel ready stance
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 middle obverse punch
2. Move right foot to centre then to C, left walking stance, left low outer forearm block, face B
3. Move right foot to B, right walking stance, right middle obverse punch
4. Move right foot to centre then to A, left walking stance, left low outer forearm block, face D
5. Move right foot to D, right walking stance, right middle obverse punch
6. Move right foot to centre then to B, left walking stance, left low outer forearm block, face C
7. Move right foot to C, right walking stance, right middle obverse punch (KIHAP/SHOUT)
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 middle obverse punch
10. Move left foot to centre then to B, right walking stance, right low outer forearm block, face C
11. Move left foot to C, left walking stance, left middle obverse punch
12. Move left foot to centre then to A, right walking stance, right low outer forearm block, face D
13. Move left foot to D, left walking stance, left middle obverse punch
14. Move left foot to centre then to C, right walking stance, right low outer forearm block, face B
15. Move left foot to B, left walking stance, left middle obverse punch (KIHAP/SHOUT)

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

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)