

# London Tae Kwon-Do (UK-TKD)

## - Starter Pack -



### Instructor

Dr. Richard M. Clark  
2<sup>nd</sup> Degree Black Belt (UK-TKD)

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### Training venue

Student Central, Malet Suite (Level 2), Malet Street, London, WC1E 7HY

### Training classes

Tuesdays 6:00pm–7:00pm

### Website

<http://www.londontkd.co.uk>

(September 2015)

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## London Tae Kwon-Do

Welcome to the **London Tae Kwon-Do** (UK-TKD) club. The **London Tae Kwon-Do** club (*also known as the **University of London Tae Kwon-Do** club*) is a friendly club focusing on safe, fun and effective martial arts training for all. As a member of the club, I hope that you will find the Tae Kwon-Do training programme enjoyable and beneficial as you learn about self-defence whilst improving your fitness levels.

During your training, you will be taught Tae Kwon-Do, the Korean art of self-defence. Tae Kwon-Do is a modern martial art which was developed into its present form by *Major-General Choi Hong Hi* just after the Second World War. The Tae Kwon-Do syllabus is influenced from various fighting forms and disciplines. The foundation of Tae Kwon-Do is the use of the hands and feet to swiftly overcome an attacker.

**태** Tae means 'to kick' or 'smash with the feet'.  
**권** Kwon means 'to strike with the hands'.  
**도** Do means 'the way of the art'.

Over a period of time and with regular training, you will notice an improvement to your fitness, self-confidence, flexibility and general health. You will also make many new friends whilst undertaking training at the **London Tae Kwon-Do** (UK-TKD) club.

As a new beginner, please take your training step by step - do not push yourself too hard. Give yourself time to understand the techniques being asked of you and let your body get used to the new exercises.

If at any time during your training you feel unwell, short of breath or feel pain, please stop what you are doing and inform your instructor (*just raise your hand in a training session to draw the instructors attention*). If unwell, give yourself time to recover before continuing. Please note that all UK-TKD instructors are trained and certified in First Aid and carry a first aid kit during every training session.

UK-TKD clubs aim to promote an atmosphere where members act towards each other in a way which shows respect, consideration and an appreciation of others. Regardless of age or fitness level, there is no reason why you cannot enjoy many years of enjoyable training in Tae Kwon-Do.

As your instructor I am here to help you. If you have any queries regarding your training, please chat to me before/after a training session or you may contact me via [richard.clark@london.ac.uk](mailto:richard.clark@london.ac.uk). Please also read the starter pack which will provide you with some important information about Tae Kwon-Do and the club.

Respectfully,

**Richard Clark**  
**2<sup>nd</sup> Degree Black Belt (UK-TKD)**

## Examples of Tae Kwon-Do activities



A fun, friendly and welcoming club



Team fitness games



Board breaking



Line work, patterns & sparring



Techniques & line work



Street style self-defence



Pad work, fun fitness routines and toning exercises



## Training fees

Presented below are training fees for club members.

**Note that \* indicates a special offer during 2015 for all new members.**

Method of Training/Payment	University of London Staff Member	Students of the University of London Colleges	Public/External Member price
Monthly - Individual Rate	<del>£23.00</del> * <b>£10.00</b>	<del>£16.00</del> * <b>£10.00</b>	<del>£23.00</del> * <b>£15.00</b>
Monthly - Family Rate <sup>‡</sup>	<del>£44.00</del> * <b>£25.00</b>	<del>£35.00</del> * <b>£25.00</b>	<del>£44.00</del> * <b>£35.00</b>

<sup>‡</sup>A family can consist of up to 5 family members' resident at the same address.

### Member to member insurance

After your first month of training you will also need to purchase a UK-TKD (*United Kingdom Tae Kwon-Do*) membership & training licence. At a small annual fee of **£25.00**, this includes basic insurance cover against accidental injury.

If you pay a family training rate then you are entitled to a family licence/UK-TKD membership at only **£50.00**. This includes basic insurance cover against accidental injury and covers all family members from the same address.

### Training Suit (Dobok)

Prior to your grading for your first belt grade, you will also need to purchase a training suit (known as a Dobok).

It is suggested that members order a Dobok via the Instructor during the **first two months** of training.

Please see your instructor for further information and an equipment price list.

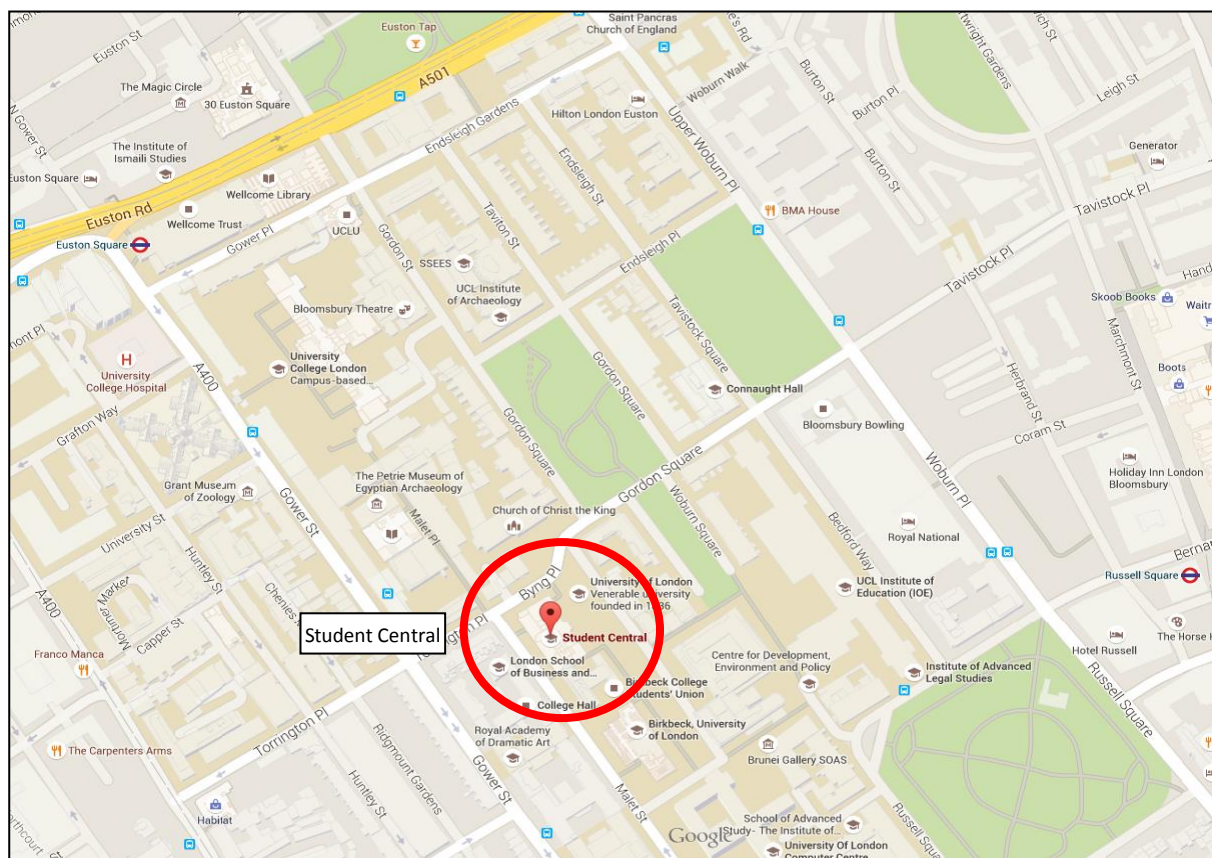
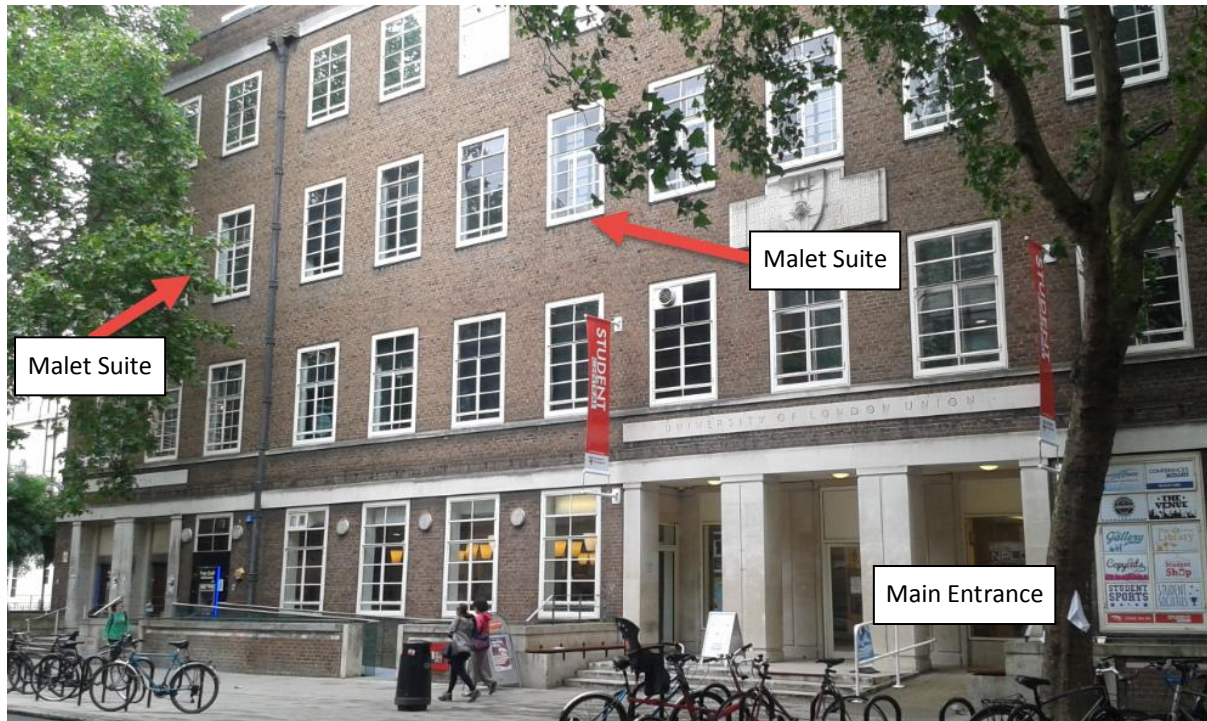


## Venue and Club Training Day/Time

**Venue:** Student Central, Malet Suite (Level 2),  
Malet Street, London, WC1E 7HY

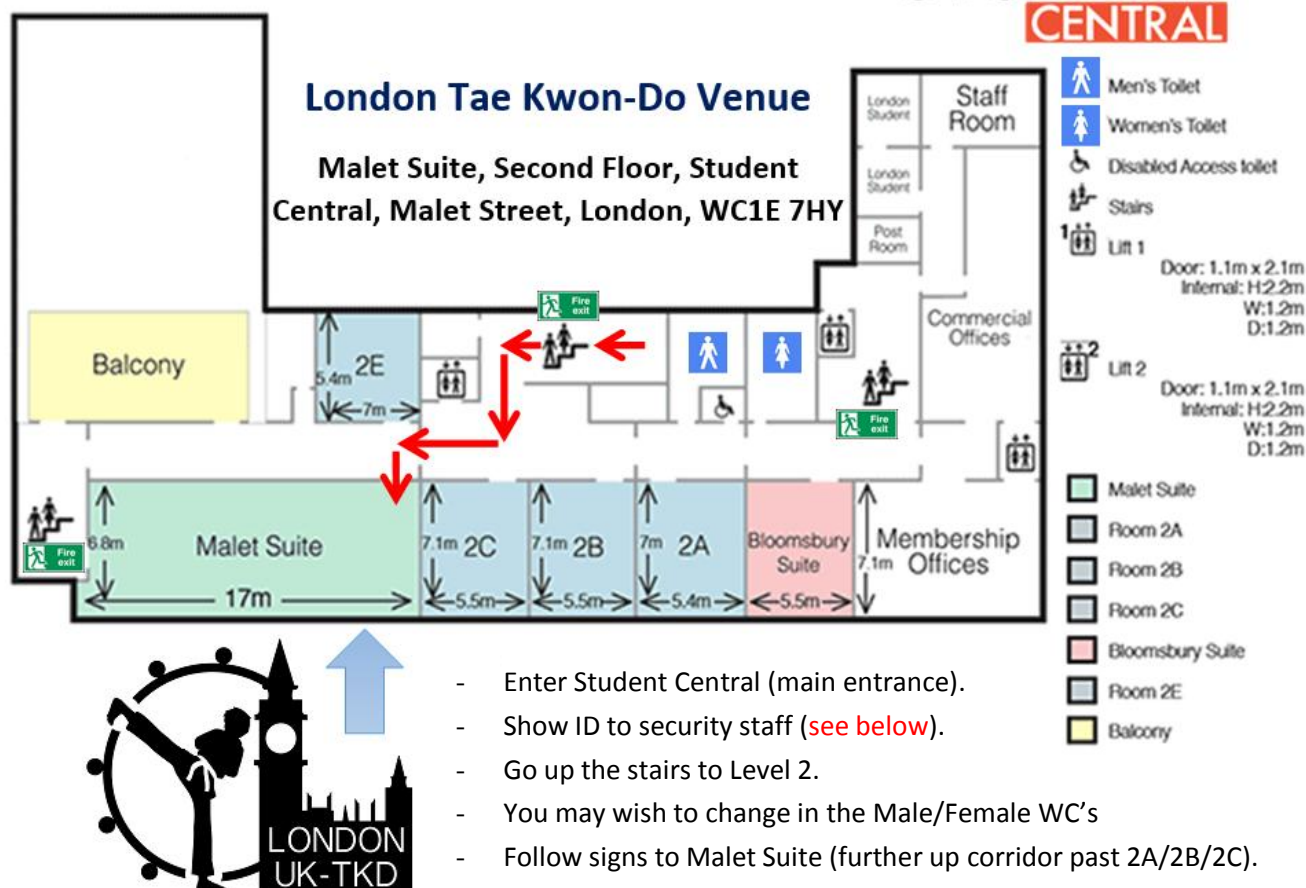
**Day/Time:** Tuesdays / 6.00pm - 7.30pm

# STUDENT CENTRAL



# Second Floor

## STUDENT CENTRAL



## Student Central ID Cards

For all new members to gain access to Student Central, you will be required to register for an ID card. This only takes a couple of minutes: go up to the front reception desk (*directly in front of the entrance door, to the right of the 'Energybase' gym/pool stairs*), inform reception staff that you would like to register for a Student Central card and that you are a student, University of London staff member or a pre-registered member of the public (see guidelines below).

### University of London Staff Member (Associate Membership)

University of London staff can collect an ID card from reception by providing their staff ID card.

Student Central will then check your details against the UOL/HR database and will then print an **Associate Membership** card.

There is no charge to University of London staff for a Student Central ID card.





## Students of the University of London Colleges

Students studying full or part time at one of the **colleges of the University of London** may bring their college ID to reception.

Student Central will then check your details against their database and will then print a **Full Student Membership** card.

There is no charge to students of the University of London colleges for a Student Central ID card.



## Public/External members of the University of London

For a public member to receive a Student Central ID card, the instructor will provide Student Central with a list of public club member names (i.e. members external to the University of London). Please therefore contact the instructor ([richard.clark@london.ac.uk](mailto:richard.clark@london.ac.uk)) **prior to your first class** so that these arrangements can be made.

Public members should visit the reception desk at Student Central and provide photo ID (i.e. Passport, Driving Licence etc).

You will then be issued with a student central card which states a '**Private Member for UOL Tae Kwon-Do**' only.

Public members of London Tae Kwon-Do will not be charged for a Student Central ID card.

**Note that Public members are advised that this ID card does not give access to other areas in Student Central (i.e. other clubs, societies or Energybase).**

## **Socialising at Student Central**

After London Tae Kwon-Do training sessions, you will have access to Levels 2 or 3 of Student Central.

Entry to the bars located on Level 1 will therefore be permitted as Student Central do not check ID in the bars (although ID can be checked for age in case anyone is or looks too young to access the bars).

**For Public/External members:** note that this will mean that if you were to leave the building and re-enter, security will stop you at the ground floor – something to be mindful of.

The London Tae Kwon-Do club will be able to book/reserve a table in the bar areas for our own socialising events.

# STUDENT CENTRAL





## Rules of the Dojang (Training Hall)

- Bow when entering and leaving the Dojang (training hall).
- When the class is ready to begin, the Instructor will call on everyone to line up. Students line up according to belt rank and seniority (the highest ranking member to the front right, facing the Instructor).
- You should address the Instructor as **'Sir'**. When instructions are provided to the group (i.e. *"please make your rows up"* or *"does everyone understand what we are about to do?"*), all members should answer **'Yes Sir'** so that the Instructor knows that any instructions have been fully understood for the health and safety of all group members.
- If you arrive late to a class, stand to the side (towards the front of the class) and wait for the Instructor to see you. Bow respectfully towards the Instructor who will say 'thank you' and then join in towards the back of the class.
- No metal of any sort (jewellery, watches, rings etc) should be worn during classes.
- Tae Kwon-Do is a barefoot martial art, please remove any footwear and socks etc (unless a medical condition requires footwear – if so, inform your Instructor before the class).
- Members should help keep the Dojang clean. All personal belongings should be kept out of the training area. Members are responsible for their own valuables.
- No caps, hoods or hats should be worn in the Dojang.
- At no time should you eat or chew gum in the Dojang.
- All mobile phones should be switched off before entering the Dojang.
- All students must sign in on the register prior to every class.
- All juniors must be escorted directly to the Dojang and collected by parents or guardians from the Dojang at the end of each class.
- After the first month of training, all students should hold a valid UK-TKD membership/licence. Students should also bring their licence books to each class.
- When adjusting a Dobok and/or belt, turn away from the Instructor and face the rear of the room and after adjustment, return to face the front of the class.
- During classes, respect and discipline should be maintained at all times and Dojang etiquette must be adhered to. The Instructor's commands must be followed.
- If you need to leave the Dojang before the class is over, alert the Instructor (unless already discussed prior to the commencement of the class).
- If you feel unwell during a class or if you require a comfort break, raise your hand and inform your Instructor. Please do not leave the Dojang without alerting your Instructor.

## Basic Stances

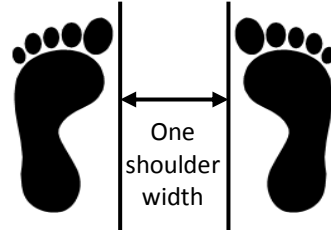
Provided below are some of the basic stances that you will learn during your initial lessons.

### Attention Stance (**Charyot Sogi**)



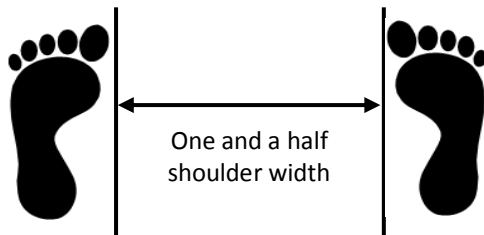
Weight Distribution: 50:50  
Angle between feet: 45°

### Parallel Stance (**Narani Sogi**)



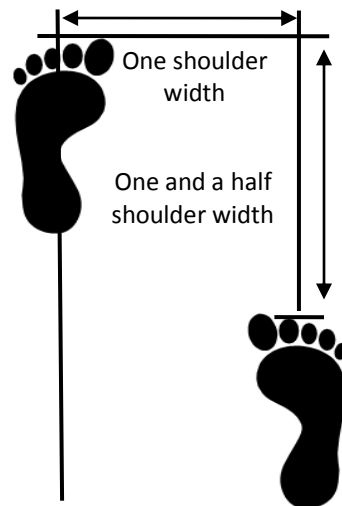
Weight Distribution: 50:50  
Feet Parallel

### Sitting Stance (**Annun Sogi**)



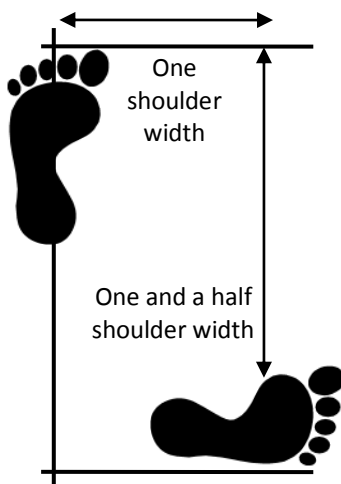
Weight Distribution: 50:50  
Feet Parallel

### Walking Stance (**Gunnan Sogi**)



Weight Distribution: 50:50  
Leading Leg: Front Leg

### L-Stance (**Niunja Sogi**)



Weight Distribution: 70:30  
70% weight on rear leg

## **Tae Kwon-Do Oath**

I shall observe the tenets of Tae Kwon Do.

I shall respect the instructor and seniors.

I shall never misuse Tae Kwon Do.

I shall be a champion of freedom and justice.

I shall build a more peaceful world.

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## **Tenets of Tae Kwon-Do**

### **Courtesy**

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

### **Integrity**

To be honest with oneself.

One who has integrity is able to define what is right or wrong and have the conscience, if wrong, to feel guilt.

Tae Kwon-Do students should strive to be honest and to live by moral principles.

### **Perseverance**

To achieve a goal, whether it is a higher grade or any technique, one must not stop trying; one must persevere.

### **Self Control**

To lose one's temper when performing techniques against an opponent can be very dangerous and shows lack of control.

To be able to live, work and train within one's capability shows good self control.

### **Indomitable Spirit**

To show courage when you and your principles are pitted against overwhelming odds.

A true student of Tae Kwon-Do will never give up, not even when faced with insurmountable odds.

The most difficult goals can be achieved with indomitable spirit.

## Frequently Asked Questions (FAQ)

Presented below are some of the most frequently asked questions with regards to starting Tae Kwon-Do/self-defence training.

### How do I start?

You've already taken the first step by walking through the door, all you need to do now is fill in your **pre-exercise questionnaire** and **club enrolment** forms and hand them into your instructor.

### What will I be doing?

Over the coming months you will be learning the basic blocks, punches and kicks of Tae Kwon-Do, together with self-defence. You will also be improving your fitness levels via a range of exercises including pad work.

### When do I pay for my tuition?

After your initial free lessons, tuition fees are payable every month in advance (*as outlined on page 5*).

### Do I need a training suit?

When you first start Tae Kwon-Do, just wear loose clothing (i.e. t-shirt, tracksuit bottoms). You may purchase a training suit (known as a Dobok) at anytime, but you will not need this until you grade which will be your first formal occasion (typically 3 months after you have started).

### Do I need insurance?

Yes, soon **after your first month** of training you will need to purchase your licence/insurance. This is your membership to the UK-TKD as well as a policy against accidental injury and member to member liability.

### When can I grade?

When you first start training you might only be thinking of getting fitter and learning self-defence. Gradings are an integral part of Tae Kwon-Do, a barometer of measuring ones skill. Each time you pass a grading and achieve your next belt grade, you will continue to learn a new set of skills. A student will therefore never tire of Tae Kwon-Do.

### Is there a website for the London club and UK-TKD?

The web-site for the London Tae Kwon-Do club is <http://www.londontkd.co.uk>

The web-site for UK-TKD (United Kingdom Tae Kwon-do) is <http://www.uktkd.co.uk>

**Richard Clark**  
**2<sup>nd</sup> Degree Black Belt**