

# TAE KWON DO

Tor

## Welcome Information

- **Self Improvement**
- **Self Defence**
- **Fitness and Fun for the Whole Family**
- **Classes throughout Torbay**



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@Taekwondotorbay

**07866 500756**  
**www.taekwondotorbay.com**



# TAE KWON DO

Torbay

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Welcome to Tae Kwon-Do Torbay, part of the the Tae Kwon-Do Association of Great Britain (T.A.G.B.) the largest single Martial Arts organisation in Europe with over 20,000 members.

Tae Kwon-Do will help you to improve your fitness, flexibility and most of, all boost your confidence. It will help you to control and channel your aggression should the need arise.

Right from the very first lesson you will start developing new skills and opportunities giving you a fantastic feeling of self achievement. Tae Kwon-Do is practical, safe and enjoyable.

We have an introductory period, so that you or your child can decide if Tae Kwon-Do is the right thing for you before you spend any money. We have no contracts or "Lock In" periods and our monthly fees are paid by standing order so you are in complete control; should a member decide or any reason that they wish to take a break or leave the T.A.G.B. there are no penalty fees to pay.

Many thanks for taking the time to show interest in our organisation and I hope that this is the first step on a rewarding path in Tae Kwon-Do.

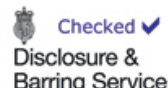


**Andy Saunders, 3rd Dan.**  
Instructor, TAGB Tae Kwon-Do Torbay

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## About your Instructor

Tae Kwon-Do Torbay classes are instructed by Mr. Andy Saunders, 3rd Dan who has nearly 20 years Tae Kwon-Do experience, much of this as a fully qualified Instructor with the TAGB (Tae Kwon-Do Association of Great Britain).

During this time Andy has trained hundreds of students of all ages and ability through their grades with many attaining Black Belt status and beyond. Some of these students have gone on to become Instructors and assistant instructors, enabling the continuation top quality teaching



Andy and his students have enjoyed great success at gradings and tournaments achieving many A grades and medals, some winning both National and Regional titles in sparring and patterns. Some students have gone on to be part of the TAGB National Display Team performing around the country.

Andy's achievements have included six A grades at coloured belt level along with 4 student of the year awards.

As well as teaching in our clubs , Andy also teaches in many secondary and primary schools in Torbay and the surrounding area in both after school clubs and as part of the senior school curriculum and GCSE syllabus.

Andy Saunders is a fully qualified Instructor with the BTC (British Tae Kwon-Do Council), has a full DBS (Disclosure and Barring Service) check and has attended many Child Protection courses.

In addition Andy is also 1st Aid trained, a fully qualified TAGB Umpire, and Referee and has full indemnity and public liability insurance.

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Monday

St Lukes Church Hall

St Lukes Road . Torquay

6.00pm - 7.00pm All grades & Ages

Wednesday

St Lukes Church Hall

St Lukes Road . Torquay

6.30pm - 7.30pm All grades & Ages

Thursday

Paignton Community & Sports College

Gymnasium . Waterleat Road . Paignton

6.00pm - 7.00pm All grades & Ages

7.00pm - 8.00pm Blue Stripes & above

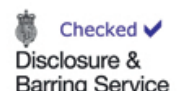
Visit [www.taekwondotorbay.com](http://www.taekwondotorbay.com) for up to date training schedules  
or [www.martialartsforfun.co.uk](http://www.martialartsforfun.co.uk) for alternative venues and times

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*Our Fees are paid monthly  
by Standing Order*

1 Family Member: £38.00 per month  
2 Family Members: £65.00 per month

For 3 or more Members from the same family  
£75.00 per month

This monthly payment provides you with the opportunity to train as many times a month as you wish, and with prior permission, in other T.A.G.B. Schools in the surrounding area.

It is not a payment for training, it is a membership subscription to the T.A.G.B.

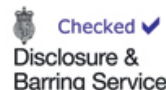
*We have No contracts  
& No lock in periods*

**This payment system provides you with security and peace of mind.  
Only you can vary the payments made on a standing order**

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# TAE KWON DO

## Torbay

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## So, what do I do now?

### Your first few lessons are free

This is to let you get as much out of our classes and experience as possible before you decide that Tae Kwon-Do Torbay is the place for you. Which of course it will be!!

## What happens then?

### Join the gang!

Everything you need to get going is included in our New Starter Pack.

This pack includes your New White Training Suit (Dobok) & Belt  
Your first years licence fee to train with the TAGB  
TAGB Theory Book with all you need to know from white to black belt.

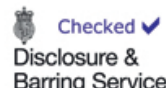
You will also get a few more lessons for free.

## Get the Starter Pack for just £85

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# TAE KWON DO



## Clothing Range

In addition to traditional doboks we also allow the wearing of Tshirts for training on Mondays & Wednesdays.

Hoodies are available for wearing to and from training and social wear.

THE NEW CLOTHING DESIGN!  
ORDER TODAY!!



**Hooded Tops £20**  
Printed Front & Back

**Tshirts £12**  
Printed Front and Back

Available to order from your instructor  
or at [www.taekwondotorbay.com](http://www.taekwondotorbay.com)  
and in a wide choice of colours



## T.A.G.B. Rules of Conduct

Always arrive before training is due to start, and ensure that you maintain a good attendance record.

Bow when you enter and leave the training hall (Dojang).

When instructed to line up do so quickly and in grade order.

Bow to your instructor when you line up both before and after lessons.

Shout loudly "Yes Sir? M'am when asked to come to ready position (Chun-bi).

Never eat or drink whilst wearing your belt. Never wear ANY jewellery during class.

NO TALKING during class except to ask or reply to questions.

No horseplay, whistling or loud talking in the Dojang.

Students should behave in a disciplined, well-behaved manner before, during, and after training and whilst taking breaks.

Always set a good example to lower grade students.  
They will look up to you and want to copy you.

Respect all members in particular those of a senior grade.

Misuse of Tae Kwon-Do will result in disciplinary action.  
This may mean suspension or, in the worst case, expulsion from the class.

Grading will depend on attendance, your Instructors discretion and your ability to perform the required techniques.

Always be loyal and never criticise your instructors and seniors,  
Tae Kwon-Do or its teachings.

The use of bad language to any members is unacceptable and may result in disciplinary action.

Never tire of learning, always be willing to learn and try your hardest,  
Wherever you are.

Remember that student's actions will result on yourselves,  
Tae Kwon-Do and your instructor.

Never be disrespectful to the instructor, Students,  
Family members or, in fact, anybody!

**"Be the best Tae Kwon-Do student you can be"**

**Remember our Tenets**  
**Courtesy, Integrity, Perseverance, Self-Control, Indomitable Spirit**



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## White Belt Gradings

Dear White Belts (10th Kups), parents & carers,

During your Tae Kwon-Do career you will occasionally be required to take a test or (as we like to call it) grading. This grading is designed to assess whether you or your child have the appropriate knowledge to progress to the next belt level.

Our grading cycle is every 3 months, gradings take place in Newton Abbot in February, May, September and November on pre determined dates (normally around the same date of the month in each year). This grading is assessed by Grand Master Michael Dew, 9th Dan and Vice Chairman of the TAGB. It is his decision whether or not you have displayed the correct knowledge to get you through to the next level.

In order to qualify for this grading you will need to take part in a Pre-Grading (mock exam) to see if you are ready for the grading. This normally takes place 2-3 weeks before the grading. This is so that if there are any issues or problems then there may be time to make the necessary improvements to ensure you have the correct knowledge.

### IT IS NOT GUARANTEED OR COMPULSORY THAT YOU WILL GRADE EVERY 3 MONTHS.

The decision to take your pre grading is dependant on many factors, your attendance to the correct amount of lessons since your last grading, your attitude to training, your instructors discretion, and your own decision as to whether you feel ready.

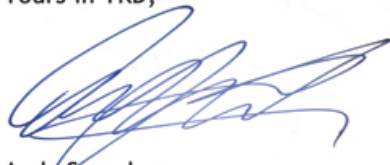
The cost of the grading is £28, this includes your pre grading, grading, new belt and certificate. In the week before the pre grading your instructor will hand you a grading envelope which should be completed to the best of your ability and the relevant fee enclosed (cash or online transfer **NO CHEQUES PLEASE**). This should be returned to your instructor before or at the pre grading.

The pre grading takes place on a Saturday morning between 8:30am and 12:00pm (normally white belt to green stripes, 8:30am, Green belts and above 09:30am) and is split so that each grade group is assessed together. We try to conduct the pre grading as closely as possible to the format of the actual grading. The pre grading is normally assessed by a panel of 3rd Dans and above and is overseen by Master Peter O'Neill (6th Dan). Feedback and results will be given at your next available lesson.

Juniors, dont worry! If you are not ready for this grading then another one will come around and you will be well prepared, alternatively you can take part in our Tiger Assessment programme which will enable you to demonstrate certain skill to achieve a stripe and certificate. The cost of this is £10.

I hope this has helped explain a little about what is involved in the run up to your first grading with the TAGB and we look forward to your long and successful career with Tae Kwon-Do Torbay. If you have any further questions, please do not hesitate to ask.

Yours in TKD,

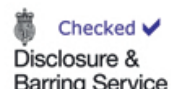


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3rd Dan, Instructor.

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## Coloured Belt Pattern Theory

- 9th Kup (Yellow Stripe) Chon-ji 19 Movements**  
CHON- JI means literally "the Heaven the Earth". It is, in the Orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner.  
This pattern consists of two similar parts; one to represent the Heaven and the other the Earth.
- 8th Kup (Yellow Belt) Dan Gun 21 Movements**  
DAN-GUN is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2,333 BC.
- 7th Kup (Green Stripe) Do-San 24 Movements**  
DO-SAN is the pseudonym of the patriot Ahn Chang-Ho (1876-1938) The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.
- 6th Kup (Green Belt) Won-Hyo 28 Movements**  
WON-HYO was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 AD.
- 5th Kup (Blue Stripe) Yul Gok 38 Movements**  
YUL-GOK is the pseudonym of a great philosopher and scholar Yi I (1536-1584) nicknamed the "Confucius of Korea"  
The 38 movements of this pattern refer to his birthplace on 38 latitude and the diagram represents the "scholar".
- 4th Kup (Blue Belt) Joon Gun 32 Movements**  
Joong-Gun is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed in a Lui-Shung prison (1910).
- 3rd Kup (Red Stripe) Toi Gye 37 Movements**  
TOI-GYE is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo Confucianism.  
The 37 movements of the pattern refer to his birthplace on the 37 latitude, the diagram represents "scholar".
- 2nd Kup (Red Belt) Hwa Rang 29 Movements**  
HWA-RANG is named after the Hwa-Rang youth group, which originated in the Silla Dynasty about 600 AD. This group eventually became the actual driving force for the unification of the three Kingdoms of Korea. The 29 movements refer to the 29th Infantry Division, where Tae kwon-Do developed into maturity.
- 1st Kup (Black Stripe) Choong Moo 30 Movements**  
CHOONG-MOO was the name given to the great Admiral Yi Soon-Sin of the Yi Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.

## Black Belt Pattern Theory

- 1st Degree Kwang Gae 39 Movements**

The name Kwang Gae refers to King Kwang Gae T'j Wang, 19th ruler of Korea's Goguryo Dynasty. King Kwang Gae retook many of the territories lost to Korea, including the greater part of Manchuria. The movement plan for this pattern represents the expansion and recovery of lost territory and the 39 movements refer to the first two digits of 391 AD, the year he came to the throne.
- 1st Degree Po Eun 36 Movements**

Po Eun is the pseudonym of a fifteenth century Korean poet and scientist called Chong Mong Chu. Chong is also revered as a great patriot, having penned the lines "I would not serve a second master though I might be crucified a hundred times." The pattern movement plan denotes his unerring loyalty to king and country towards the end of the Koryo dynasty and consists of 36 movements.
- 1st Degree Ge Baek 44 Movements**

Ge Baek is named after General Ge Baek of the Baek Je Dynasty (600AD) and the pattern movement is intended to represent his strict military discipline. Ge Baek consists of 44 movements.
- 2nd Degree Ko Dang 39 Movements**

Ko Dang is the pseudonym of the patriot Cho Man Sik who dedicated his life to the independence movement and the education of its people. The 39 movements signify his times of imprisonment and his birthplace on the 39th parallel.
- 2nd Degree Eui Am 45 Movements**

Eui Am is the pseudonym of the patriot Son Byong Hi who was the leader of the Korean Independence Movement on the 1st March 1919. The 45 movements relate to his age when he changed the name of the religious sect known as *Dong Hak* (oriental culture) to *Chondo Kyo* (Heavenly way religion.) in 1905. The pattern movement plan symbolises his indomitable spirit, displayed while dedicating himself to the prosperity of his nation.
- 2nd Degree Choong Jang 52 Movements**

Choong Jang is the pseudonym of General Kim Duk Ryang of the Yi dynasty who lived during the fifteenth century. The pattern ends with a left hand attack, intended to symbolize the general's death in prison at the age of just 27. Choong Jang consists of 52 movements.

## Introduction

This privacy policy sets out how we use and protect any information that you give to us, through your Instructor, when you become a member of the TAGB.

We are committed to ensuring that your privacy is protected, and we will never release your personal details to any third party without your express consent. When you complete an application to join a TAGB club, certain personal information is collected from you. You can be assured that it will only be used in accordance with this privacy policy.

NB: TAGB authorised Instructors may implement separate and/or additional policies and procedures.

## What information we will collect:

- Forename and Surname
- Date of Birth
- Photograph
- Current Address
- Contact telephone numbers
- Contact email address
- Gender
- Medical Conditions
- Next of Kin name and emergency contact details.

## Why we need the information we gather

We require this information to administer your membership and to provide the products and services you have requested from us and provide you with an efficient service for the following reasons:

- Internal record keeping
- Sending membership fee notices to you
- Recording financial transaction to your membership fee account
- Contacting you with relevant club and Association correspondence
- Maintaining a record of any recognised competitions you may take part in
- Maintaining a record of your grade status and related grading examinations
- Confirming your grade to other Associations or International Bodies if they request confirmation of your grade for any competitions you have entered with them
- Sharing personal details with the British Taekwondo Council (The United Kingdom National Governing Body for Tae kwon-do) for membership and insurance purposes only.

The TAGB will retain your personal information on our membership database for the duration of your membership, and for a period of 36 months after your membership has expired. However, in the case of a minor (under 16 yrs) the information will be retained until they reach the age of 21 yrs.

We take your privacy seriously and all such information is held on secure servers. The TAGB complies with all applicable Data Protection Regulations. We may change and update this policy from time to time and will notify you accordingly. This policy is effective from 20/05/2018

## Notes:

- 1) Under GDPR you have the right to view all data we hold on you and request us to correct or amend if required. Access to this information can be obtained from your TAGB Instructor.
- 2) Under GDPR you have the right to complain to the Information Commissioner's Office (ICO) if you think there is a problem in the way your data is being handled.

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Checked ✓

Disclosure & Barring Service

## *Safeguarding Statement of Intent 2020*

We firmly believe that martial arts training presents a positive opportunity for all to learn martial arts and self-defence, improve their self-confidence and develop as an individual. Everyone who participates is entitled to do so in a safe, fair and professional environment.

Accordingly, the individual club and lead instructor has a moral and legal responsibility to ensure that, when given responsibility for children below the age of 18 or vulnerable adults, the highest standards of professionalism and care will always be exercised.

Our clubs are committed to the best practices which protect children and adults at risk from harm. Staff and volunteers accept this and recognise their responsibility to provide an environment which promotes their safety and protection at all times.

### **To achieve this, we will:**

- Develop an awareness of the issues which may lead to children or vulnerable adults being harmed.
- Create an open environment, by identifying designated people for each club to whom the children can turn to if they need to talk.
- Adopt the B.T.C. / T.A.G.B. safeguarding policies and guidelines which include codes of conduct for members and all adults working with children and vulnerable adults within our clubs, including instructors, parents and volunteers.
- Have in place careful recruitment, selection and management procedures. These procedures will include regular support and supervision given to staff and volunteers.
- Ensure that complaints, grievances and disciplinary procedures are in place.
- Share information about concerns with children and parents and others who need to.
- Ensure good and safe working / playing practices.
- Be involved in the training made available by the T.A.G.B. / B.T.C. as well as through the various agencies and companies available to us.
- Uphold any changes within the B.T.C. / T.A.G.B. safeguarding policies and implement them with immediate effect.
- Have procedures relating specifically to bullying, trips away from the club and the use of photography relating to the club.

