

Exeter Tae Kwon Do starter pack.

Incomplete packs will be returned.

All completed packs must be returned to your school instructor.



Students Name.....



Association of Great Britain

What to do next

If you would like to become a member and join TAGB Tae Kwon-Do, listed below is the procedure of joining.

Firstly, this pack contains important paperwork and it must be completed in full.

The following forms must be completed.

- 1. T.A.G.B Memberships Application form.
- 2. T.A.G.B Physical Activity Questionnaire.
- 3. Emergency Information Sheet.
- 4. B.T.C Child Protection & Insurance form.
- 5. Standing order form.

Enrolment

Unlimited training for your first month would be free of charge.

Exeter Ea

Yearly Licence: £36.00

T.A.G.B Training suit and belt: £36.00

Monthly Membership

In this pack you will find a standing order form for your monthly membership fees.

Full Member (Unlimted training)
Half Member (Once week training)
Family Membership

£35.00 Per month £20.00 Per month

Family Membership

Additional family members pay 15.00 each. All family members receive the same training benefits as the first paying member.

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Training times and venues.

Mondays

Junior's: 6:00-7:00 Adult's: 7:00-8:30

West Exe Technology College, Hatherleigh Road, Exeter, Devon, EX2 9JU

Wednesdays

Junior's 6:00-7:00 Adult's 7:00-8:30

Black Belts only 8:30-9:00

Montgomery School, Redvers Road, Exeter, EX4 1BS

Thursdays

Mixed Class 6:00-7:00

St Peters High School, Quarry Lane, Exeter, EX2 5AP

Contact Details for Ben Cheriton

Phone:07774284000

Email: info@exetertaekwondo.co.uk Website: taekwondoexeter.co.uk

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Exeter Tae Kwon-Do Instructor

Ben Cheriton-3rd Degree Black Belt

Ben has been training and teaching in the martial art of Tae Kwon-Do for almost 15 years. He has a real love for teaching and gains great satisfaction from seeing his students achieve the high standards they are set. Ben has



been teaching adults and juniors Tae Kwon Do with the TAGB for many years and feels very passionately about Tae Kwon Do as a martial art. He is a 3rd degree black belt and has had success regionally and nationally.

Since Ben took over the club has over trebled in size and broke both grading and tournament results records.

Ben has the backing of the TAGB. They are the largest martial arts organisation in Europe, so when he and fellow students enter competitions, grading's and anything else organised by the organisation the standard is of the highest caliber.

All T.A.G.B. Instructors must pass an extensive two part Instructors course, including practical and written examinations on all aspects of coaching and First Aid Training. These qualifications are recognised by the Sports Council through our affiliation to the British Tae Kwon-Do Council. Instructors are fully Insured and CRB checked.

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Some basic blocks and punches you will be expected to learn in your first few lessons.

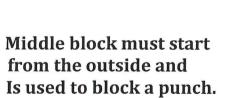
Low Block.



Low Block must start up high with both arms crossed starting from the inside.

Middle Block.





BlocMiddle Punch

Performed in walking stance with reaction hand on the belt



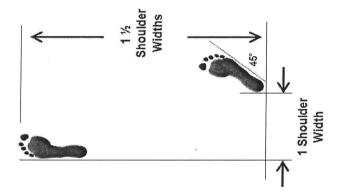


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Some basic stances you will be expected to learn for your first belt.

Walking Stance.

- Walking Stance is 1 shoulder width apart
- 1 1/2 Shoulder widths in length.
- · Front knee bent.
- · Back leg straight.



Sitting Stance

- A sitting stance is 1 ½ shoulder width apart.
- With both feet facing forwards.





nese sections below MUST be completed: udents Name: Medical information		
	average contact details	
EM	ergency contact details	
To be completed by parent/guard Please insert the information is contacted in case of an incide	below to indicate the person(s) who should be	
Home Contact Telephone Number		
First Contact Name		
First Contact Number	-A.G.B.	
Second Contact Name	KWON-DO	
Second Contact Number	TERNATIONAL	
Contact Email Address		
	Photography	
From time to time we take photograph permission to use these photographs provide any specific information regard marketing.	is during our T.A.G.B. Tae Kwon-Do activities. We would like your in our marketing. We will never reference your child by name or ding your child. We will use them exclusively for TAGB Tae Kwon-D	
Please tick the appropriate box below		
YES. I give you permission to use	photographs of my child on in your TAGB Tae Kwon-Do marketing.	
☐ NO. Please do NOT take or use ar	ny photographs of my child.	
Students Name (PLEASE PRINT):		

Parent/Guardian Name (Signature):



Physical Activity Readiness Questionnaire (PAR-Q) and You

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming physically active.

The questions below will indicate if you should check with our doctor before you start. If you are over 69 years of age and you are not used to being very active, you should check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: tick YES or NO.

Write in Black Ink and if you need to make corrections, please ask for a new form. YES Questions NO Has your doctor ever said that you have a heart condition and that you should only physical activity recommended by a doctor? Do you feel pain in your chest when you do physical activity? In the past month, have you had chest pain when you were not doing physical activity? Do you lose your balance because of dizziness or do you ever lose consciousness? Do you have a bone or joint problem (for example, back, knee, or hip) that could be made worse by a change in your physical activity? Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition? Do you know of any other reason why you should not do physical activity? IAIUNAI I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction. Name in BLOCK CAPITALS Address & Postcode Date of Birth Contact Tel. No. (Daytime) Contact Tel. No. (Evening) Signature Signature of parent or guardian

(For participants under the age of 18)

Date

PERSONAL ACCIDENT INSURANCE

Whilst injuries in Tae Kwon-Do are not quite common place as in other contact sports these can at times, be so serious as to dramatically affect the injured party or even result in death. The natural reaction in such cases is to seek compensation and this will involve court action which may or may not be successful. It is estimated that only one in five such actions results in an award of damages and a seven or eight year delay must be anticipated. Personal accident insurance will provide such automatic compensation without the need to prove that anybody is liable.

To provide immediate compensation without need to prove liability or pursue court action The British Tae Kwon-Do Council have arranged Personal Accident Insurance in respect of all members. This should ensure that in the event of death a sum is available to the members direct dependents but where permanent total disablement, such as loss of an eye, a limb, or total inability to pursue an occupation occurs, higher compensation to help rebuild a shattered life is called for. Whilst no amount of compensation can adequately replace the quality of living previously enjoyed, a sensible benefit of around £25,000 is considered suitable.

Weekly benefits to assist, but not to replace for the loss of wages is also insured through this particular benefit only applies to people in waged employment. The British Tae Kwon-Do Council considers this fact relative to the ages and employment conditions of their membership and to this end a small degree of assistance is given to students and junior members.

The benefits are as follows:

Death

£5,000 per Insured Person of under 18 years of age

£30,000 per Insured Person over 18 years of age

Total and Irrecoverable loss of sight in one or both eyes

£30.000

Loss of one or two limbs

£30,000

Total and Irrecoverable loss of sight of one eye and

Loss of one limb

£30,000

Permanent Total Disablement

Total loss of sight of one or both eyes or loss of limb

Temporary Total Disablement

£5 per week per Insured Person of under 16 years of age. Entitlement of this benefit is to a maximum sum of £250

£80 per week per Insured Person over 16 years of age in full / part time employment. Entitlement to this benefit is dependent upon loss of earnings incurred to a maximum of £80 per week. Maximum sum payable £3,000

£15 per week per Insured Person who is unemployed and students in full time education. Entitlement to this benefit is dependent upon loss of any other benefit / grants due to the injury to a maximum of £15 per week. Maximum sum payable £300

To qualify for any of these benefits you must have been absent from employment or studies for a period of more than two weeks and proof of absence and loss of earnings will need to be supported by official paperwork i.e. Medical Certificates

In order for any of the above benefits to be applied, claims should be submitted on an official claims form to the Insurance Officer of the British Tae Kwon-Do Council within 21 days, failure to do so will jeopardise your claim and may result in loss of benefits.

(Continued on next page)

LIADINLY INSULATION

Injury to a third party or damage to property of others could almost automatically result in a claim for damages, such claims and their associated expenses should the case go to court can be very costly. In the absence of adequate Liability Insurance, members will find themselves financially responsible for any damages and costs awarded, to this end included in the membership insurance of the British Tae Kwon-Do Council is a Third Party Liability Insurance for all its members.

Benefit is as follows; Limit of Liability

£5,000,000 / unlimited in any one of insurance

Members Professional Indemnity

As a Tae Kwon-Do student regardless of grade at some time you may be requested to assist the Instructor and train junior grades within the lesson. To this end in order that you can do this officially the British Tae Kwon-Do Council has included in its membership insurance Indemnity cover to the sum of £1,000,000.

All insurance cover is only available to British Nationals and students who have resided in the U.K. for longer than six months.

BRITISH TAE KWON-DO COUNCIL CHILD PROTECTION POLICY STATEMENT

It is the policy of the British Tae Kwon-Do Council to safeguard the welfare of children and all others involved in its activities by protecting them from physical, sexual and emotional harm.

All members of the British Tae Kwon-Do Council who instruct children in the art of Tae Kwon-Do must be provided with a copy of this policy document including the "Code of Behaviour" and must adhere to its contents.

If you suspect a child is being abused:

1. Initially inform your Instructor and your parent organisation's management council.

2. Record the facts as you know them and give a copy to the relevant Instructor and forward a copy to your organisation's management council.

3. Ensure that the child has access to an independent adult.

4. Ensure that no Tae Kwon-Do situation arises which could cause any further concern.

If a child discloses to you abuse by someone else:

1. Allow the child to speak without interuption, accepting what is said.

2. Alleviate feelings of guilt and isolation, without making any judgement.

3. Advise that you will try to offer support, but that you must pass the information on (steps 1-4 above) the same way as in suspecting a child is being abused.

If you receive an allegation about any adult or about yourself:

- 1. Immediately inform a member of your organisation's council and an officer of the British Tae Kwon-Do Council.
- 2. Record the facts as you know them and forward a copy to your organisation's management council and a further copy to the secretary General or the Chairman of the British Tae Kwon-Do Council.
- 3. Try to ensure no one is placed in a position, which could cause further compromise.

THE INSTRUCTOR MUST REFER; THEY MUST NOT INVESTIGATE

By signing this form I am confirming that I have read the above information, understand and agree to the conditions laid out. <u>Please note: membership will not be accepted unless this form is signed and returned and confirmed as being read on the licence application form.</u>

Students Name:	
Note: Exhibition for the contract of the contr	
Signed:	Date:

Student / Parent / Guardian (please delete as necessary)