



## New Student Starter Pack

Student's Name .....



## Enrolment

Your first month of training is free of charge. During this time, you are welcome to try as many classes as you like to find which classes suit your own abilities and personal timetable.

**Annual Licence:** £38.00

**T.A.G.B Dobok & White Belt:** £38.00

**Student Handbook:** £5.50

**New Student Starter Pack:** £100 (includes second month of training, annual licence fee, dobok with belt, and handbook)

Dobok Size	Height (cm)
00	120
0	130
1	140
2	150
3	160
4	170
5	180

## Monthly Membership

**Student Membership** £38.00 per month

**Family Membership** (3+ students) – additional family members pay £20.00 each per month

## Training Times & Venues

Day	Venue	Time	Class Type
Mondays	St Luke's C of E School (Harts Lane, Exeter, EX1 3RD)	18:00 – 19:00	Traditional / Family (all grades)
		19:00 – 20:00	Fitness / Sparring (all grades)
Tuesdays	Exmouth Community College (Green Close, Exmouth, EX8 3PZ)	18:30 – 19:30	Traditional & Sparring Session (all grades)
Wednesdays	West Exe Technology College (Hatherleigh Road, Exeter, EX2 9JU)	18:00 – 19:00	Traditional (all grades)
Thursdays	St Luke's C of E School (Harts Lane, Exeter, EX1 3RD)	18:00 – 19:00	Traditional & Sparring Session (all grades)
		19:00 – 20:00	Senior Grades (blue belt and above)
Saturdays	iBounce Trampoline Park (upstairs studio) 33 Marsh Green Road W, Marsh Barton, Exeter, EX2 8PN)	10:30 – 11:15	Tigers Class (ages 5 – 10)

## Main Contact Details

**Main Contact:** Cassie Searle

**Phone:** 07907 684906

**Email:** [info@taekwondoexeter.co.uk](mailto:info@taekwondoexeter.co.uk)

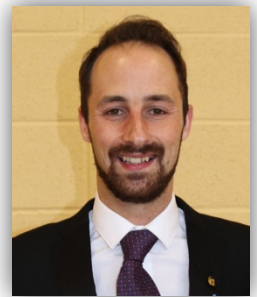
**Website:** [www.taekwondoexeter.co.uk](http://www.taekwondoexeter.co.uk)

## Our Instructors

All TAGB instructors must pass an extensive two-part instructor's 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 (BTC). Our instructors are fully insured, and DBS checked.

### **Ben Cheriton (5<sup>th</sup> Degree Black Belt)**

Ben is the club's senior instructor. He has been training for 25 years and teaching for 15. During those years, the club, overseen by Ben, has produced multiple world champions. A 5<sup>th</sup> Degree black belt and multiple time regional and national champion, Ben has had his own share of success in the ring and the dojang. Ben teaches Tae Kwon Do to help others go on the journey that was so important to him.



*"Tae Kwon Do played such a big part in my development as a child and eventually as an adult. I am hugely grateful to the organisation and the instructors who have helped start and continue my journey - now it's all about giving back, helping others build confidence and enjoy being part of our Tae Kwon-Do family".*



### **Alex Thomas (4<sup>th</sup> Degree Black Belt)**

Alex has been training in martial arts since 1992. He has a 4<sup>th</sup> Dan Black Belt in Tae Kwon Do and a 3<sup>rd</sup> Dan in Judo. His greatest achievements include gold at the English, Welsh, and British Championships at different points in his career. Culminating in a bronze at the 2023 World Championships. Alex runs our Thursday evening sessions at St Luke's School. He also teaches judo, self-defence, and fitness classes throughout the week.

### **Cassie Searle (4<sup>th</sup> Degree Black Belt)**

Cassie is our main junior instructor for the club and has been teaching for over 5 years. She teaches every Wednesday & Saturday, and during the first hour of every Monday. Cassie has been training in Tae Kwon-Do for 15 years and has been a member of the TAGB for 10 years. She is extremely passionate about helping others to achieve their goals, regardless of their age or ability. Her greatest achievements include Bronze at the 2023 World Championships in sparring, and she is the current South-West of England sparring champion.



### **Ethan Osbourne-Whiting (3<sup>rd</sup> Degree Black Belt)**

Ethan is our Exmouth instructor and teaches every Tuesday evening. He has been training for over 17 years and will be grading for his 4<sup>th</sup> Dan in April 2025. Ethan is one of our most competitively involved members of the club and demonstrates success at almost every competition. His most recent achievements include three gold medals at the South of England Championships in patterns, individual and team sparring.

As an instructor, Ethan specialises in helping students prepare for competitions, particularly in sparring and fitness. When not competing himself, you will always find Ethan coaching at ringside in every competition our club attends.

## **Basic Theory**

### **What is Tae Kwon-Do?**

Tae Kwon-Do is a version of an ancient form of unarmed combat practiced for many centuries in the Orient. Tae Kwon-Do became perfected in its present form in South Korea.

Translated from Korean, 'Tae' literally means to jump, kick or smash with the foot. 'Kwon' means a fit, chiefly to punch or destroy with the hand or fist. 'Do' means art, way, or method. Tae Kwon-Do indicates the technique or unarmed combat for self-defence, involving the skilled application of punches, kicks, blocks, dodges and interception with the hands, arms, and feet to the rapid destruction of the opponent.



To the Korean people, Tae Kwon-Do is more than a mere use of skilled movements. It also implies a way of thinking and life, particularly in instilling a concept and spirit of strict self-imposed discipline and an ideal of noble moral re-armament.

### **The Foundation of Tae Kwon-Do**

Tae Kwon-Do was inaugurated in South Korea on 11<sup>th</sup> April 1955, following extensive research and development by the founder Major General Choi Hong Hi, 9<sup>th</sup> Degree Black Belt (1918-2002).



Tae Kwon-Do was introduced into the United Kingdom in 1967. The Tae Kwon-Do Association of Great Britain (T.A.G.B.) was formed in August 1983. The T.A.G.B. is a member of Tae Kwon-Do International. Tae Kwon-Do International is a worldwide body with representation in every continent of the globe. Tae Kwon-Do International was inaugurated in England on 13<sup>th</sup> November 1993.

On 21<sup>st</sup> April 1988 a new governing body for Tae Kwon-Do was formed, called the British Tae Kwon Do Council (B.T.C.). This now incorporates 15 different organisations and has a membership of over 44,000. It is the only body recognised by the United Kingdom Sports Council. The T.A.G.B. is a founder member of the B.T.C. It is also the largest organisation in the B.T.C. Current membership of the TAGB is over 25,000.



## Tenets of Tae Kwon-Do

- Courtesy:** *To be polite to everyone.* You must always be courteous to your instructors, seniors, and fellow students.
- Integrity:** *To be honest with yourself.* You must be able to define the difference between right and wrong.
- Perseverance:** *To achieve a goal.* Whether a higher grade or a new technique, you should never stop trying.
- Self-Control:** *To always be in control of your actions.* You must be able to live, work and train with your capabilities.
- Indomitable Spirit:** *To show courage when you and your principles are pitted against overwhelming odds.* You should do your utmost to never give up.

## Belt Colours & Meanings

- White** **Signifies innocence**, as that of the beginning student who has no previous knowledge of Tae Kwon-do.
- Yellow** **Signifies earth**, from which a plant sprouts and takes root as the Tae Kwon-Do foundation is being laid.
- Green** **Signifies the plant's growth**, as Tae Kwon-Do skills begin to develop.
- Blue** **Signifies heaven**, toward which the plant matures into a towering tree as training in Tae Kwon-Do progresses.
- Red** **Signifies danger**, cautioning the student to exercise control and warning the opponent to stay away.
- Black** **Opposite to white, therefore signifying maturity and proficiency in Tae Kwon-Do.** Also indicates the wearer's imperviousness to darkness and fear.



## Korean Basic Terms

General Terms	
Training Hall	Dojang
Training Suit	Dobok
Instructor	Sabum
Belt	Ti
Student	Jeja
Inner	An
Outer	Bakat
Press Ups	Momtang Bachia

Basic Movements	
Obverse Punch	Baro Jirugi
Reverse Punch	Bandae Jirugi
Inner Forearm Block	An Palmok Makgi
Outer Forearm Block	Bakat Palmok Makgi
Front Rising Kick	Ap Chaolligi
Side Rising Kick	Yop Chaolligi

Counting	
One	Hanna
Two	Dool
Three	Seth
Four	Neth
Five	Dasaul
Six	Yosaul
Seven	Ilgop
Eight	Yodoll
Nine	Ahop
Ten	Yoll

Stances	
Attention Stance	Charyot Sogi
Parallel Stance	Narani Sogi
Sitting Stance	Annun Sogi
Walking Stance	Gunnun Sogi

**These sections below MUST be completed:**

To be completed by parent/guardian if student is under the age of 18. <i>Please complete the information below to provide new student details and to indicate the person(s) who should be contacted in case of an incident/accident:</i>	
<b>Student Forename</b>	
<b>Student Surname</b>	
<b>Date of Birth</b>	
<b>Height (cm)</b>	
<b>Address</b>	
<b>Postcode</b>	
<b>Emergency Contact (if under 18)</b>	
<b>Contact Telephone</b>	
<b>Contact Email</b>	
<b>Starter Pack Required? (£100)</b>	<b>YES / NO</b> If yes, dobok size required:

**Medical Declaration:**

Please detail below any important medical information that our instructors should be aware of (e.g. epilepsy, asthma, diabetes etc.)

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**Photography Consent (to be completed if student is under 18):**

From time to time, we take photographs during our T.A.G.B. Tae Kwon-Do events & activities. We will never reference your child by name or provide any specific information regarding your child. We will use them exclusively for TAGB Tae Kwon-Do marketing.

*Please tick the appropriate box below:*

**YES**. I give you permission to use photographs of my child in your TAGB Tae Kwon-Do marketing.

**NO**. Please do **NOT** take or use any photographs of my child.

Parent/Guardian Name (PLEASE PRINT): \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

**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 result in any further concern.

If a child discloses to you abuse by someone else:

1. Allow the child to speak without interruption, 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 just pass the information on (step 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.

*(If student is under 18, then a parent or guardian must sign the below)*

**Please note membership will not be accepted unless this form is signed, returned and confirmation as being read on the licence application form.**

Name: .....

Signed: ..... Date: .....

Student / Parent / Guardian (please delete as necessary)