



WHITE TIGER KOREAN MARTIAL ARTS

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WELCOME

WHAT IS TAEKWONDO?

Taekwondo is a traditional Korean martial art, and also has the benefit of being an Olympic martial art sport. The word Taekwondo translates roughly as ‘the art of hand and foot, with **Tae** meaning foot, **Kwon** meaning fist and **Do** meaning “the art of” or “the way.” This indicates the art of self-defence using only one’s hands and feet. As a traditional martial art, the development of self-awareness and mental focus is considered fundamental to the development of physical technique.

WHAT ARE THE BENEFITS OF TAEKWONDO?

- Taekwondo is for all ages, genders and backgrounds, from beginners to advanced students.
- Taekwondo is also a great way to get fit and healthy.
- As a martial art, Taekwondo is not just for fighting or self-defence, it also aims to develop attitudes of self-control, will power, humility and loyalty. All while improving fitness, flexibility and co-ordination. Alongside learning self-defence, the discipline of the sport improves confidence in the student’s ability to cope with situations of stress, and to develop greater focus and assertiveness.

Over time, students should notice an increase in fitness levels, concentration, determination and goal setting, and a definite long-term improvement in self-confidence.

WHAT HAPPENS IN A TAEKWONDO CLASS?

All classes start with a warm up followed by systematic stretching exercises.

Skills learnt over previous weeks are practised.

Following a predetermined syllabus, a week by week program covers development in:

- Hand and kicking techniques
- Poomsae (patterns)
- Self-defence
- Free sparring.

The class will generally finish with a cool down.

WHAT EQUIPMENT DO I NEED TO TRAIN IN TAEKWONDO?

Students will be required to wear a Taekwondo uniform within a reasonable time of joining the club. To ensure the safety of students, everyone must purchase a mouthguard, with the following equipment required from Yellow Belt on: Shin guards, arm guards, groin guards.

These can be purchased through the club.

All other equipment required for training purposes will be supplied.
