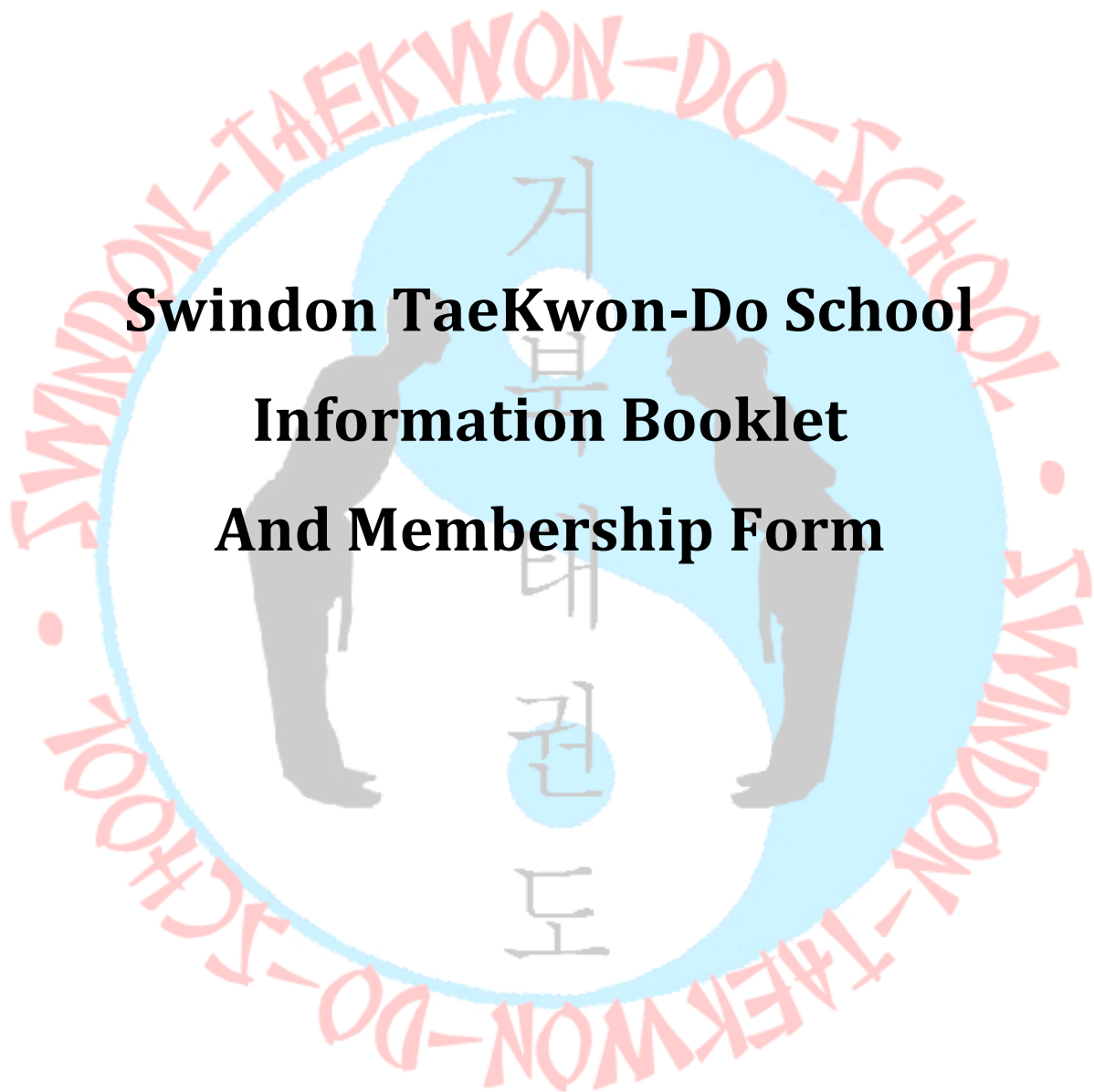


Swindon TaeKwon-Do School



Swindon TaeKwon-Do School Information Booklet And Membership Form

Swindon Taekwon-Do School

Welcome to our Taekwon-Do School.

This information pack should provide you with everything you need to know before beginning your training.

Pages included:

1. Index and contact information
2. Venue dates and times
3. Map and directions
4. Brief background of Taekwondo
5. Our school
6. Joining information
7. Sample theory page
8. Rules of Taekwondo
9. ITF items available
10. Standing order form
11. -13. 10th kup theory sheets
14. -25. Certification
26. Standing order form
27. Licence/ Membership form

Swindon Taekwondo School

Instructors: Mr Ian and Mrs Zoey Fendt IV Degree Black Belts

Mobile phone: 07793 000180

Home phone: 01452 610446

Email: Instructor@turtletaekwondo.com or instructor@swindon-itf.com

Website: www.turtletaekwondo.com & www.swindon-itf.com

Swindon Taekwon-Do School

Venue:

The Haydon Community Centre,
Thames Avenue,
Haydon Wick,
Swindon
SN25 1QQ
(Opposite Morrisons supermarket)

All classes are in the main sports hall.

Training dates/ times:

Mondays:

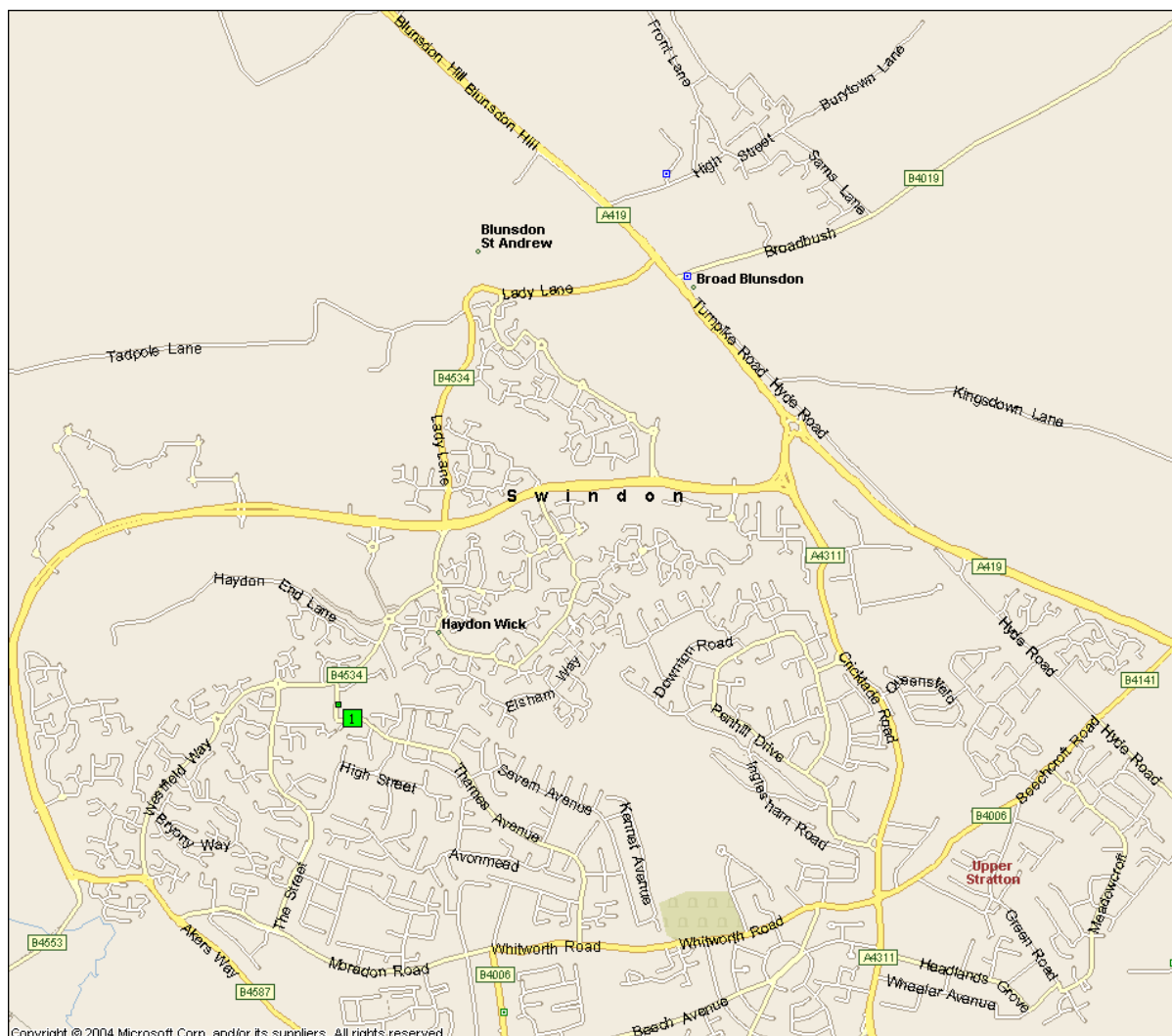
Snapping Turtles (Ages 5-9 years)	6:30pm until 7:00pm
Beginners & Coloured Belts (Aged 10 and over)	7:00pm until 8:00pm
Black Belts and older Coloured Belts	8:00pm until 9:00pm

Thursdays:

Snapping Turtles (Ages 5-9 years)	7:00pm until 7:30pm
Beginners & Coloured Belts (Aged 10 and over)	7:30pm until 8:30pm
Black Belts and older Coloured Belts	8:30pm until 9:30pm

Swindon Taekwon-Do School

Map:



Directions:

By Car From the A419 heading south, take the Lady Lane Junction. From the A419 heading north, take the Turnpike Junction. Turn onto A4311, follow the road to the right onto Thamesdown Drive. Go straight ahead over the next three sets of traffic lights (follow the signs to West Swindon, then Haydon Wick). At the fourth set (Lady Lane), turn left onto Elstree Way. At the next roundabout (Brook Farm), take the third exit. Follow the road to the next roundabout, take the second exit onto Westfield Way. At the mini roundabout take the first exit onto Thames Avenue. The Haydon Centre's carpark is the second turning on the left (between 2 traffic calming ramps).

By Bus From Swindon bus station and other areas, services 5, 5a, 10, 11, 13, 14 and 15 all stop at one of the two bus stops outside the Haydon Centre.

Centre Opening Times Monday to Friday 9:00am until 10:00pm, Saturday and Sunday 9:00am until 4:00pm, closed on Bank Holidays, these are the general centre opening times.

Swindon Taekwon-Do School

Taekwondo a brief history:

TaeKwon-Do was officially founded 11th April 1955, but many of the techniques found in TaeKwon-Do actually date back many hundreds of years. TaeKwon-Do is often said to be a blending of Tae Kyon, Korean foot fighting and Japanese Karate, which General Choi the Founder, studied whilst he was in Japan.

Historians often claim that the source of the bare/open hand fighting systems can be traced back to the Buddhist monk Bodhidharma (448-529 A.D.), but wherever people met some form of unarmed combat was bound to develop. There have been various forms of unarmed combat practiced all over the world in such places as China, Japan, Korea, Thailand, Malaysia, Russia and France.

Bodhidharma is reputed to have taught Buddhism to the Chinese monks at the Shaolin Temple in 520 A.D. His mental and physical training was said to have aided them in their search for enlightenment.

In Korea it is recorded that during the 7th Century, the legendary Hwa-Rang were the power to be reckoned with on the battlefield; with great feats of bravery and skill attributed to them. The Hwa-Rang were said to have blended Buddhist techniques with Tae Kyon.

It is wise to bear in mind that as China is often regarded as the cradle of oriental culture, and has the longest history, it is easy for it to have the oldest records pertaining to the martial arts.

The victors write the history books, in Korea Silla were victorious so the feats of the Hwa-Rang were recorded, but in contrast to western culture, Koreans also remember those who fought valiantly and lost, such as General Ge-Baek, who was defeated by the Hwa-Rang, Kim Yoo-Sin.

Suffice it to say that TaeKwon-Do has roots that span many centuries and techniques that may be borrowed and refined from other martial arts, but it is this mix that makes TaeKwon-Do a great all round martial art.

Taekwondo is a military martial art from Korea, known as a scientific martial art because of its ability to be constantly improved.

Swindon Taekwon-Do School

Our School:

- Training covers fitness, stretching, strength, stamina, sparring and self-defence
- The different aspects of Taekwondo, mean there is something for everyone to excel in
- Everyone starts out the same and Taekwondo technique builds up over time
- At Swindon Taekwondo school we help you to develop as an individual
- We are always happy to discuss your needs and help you to achieve your goals, such as improving fitness, flexibility or losing weight.
- We encourage family members to train together as that's just how we started out
- Monthly fees, with no contracts
- Gradings (we hold regular gradings throughout the year and a separate £25 fee is payable as and when you are informed that you are eligible to grade, usually every 3 or 4 months)

We are accredited by the Swindon Sports Forum



Swindon Taekwon-Do School

Joining Requirements:

Please join in for free for a few lessons to make sure that training at our club is the right thing for you. If after a few classes you are convinced that Taekwondo is something you wish to pursue then there are a few things that you will need.

1. A uniform/Taekwon-Do suit (ITF suits are purchased through ourselves at a cost of £25-£35 depending in size)
2. Membership/ insurance (this annual fee of £30 for beginners covers your membership fee and annual insurance which is a requirement of Taekwondo training)
3. Safety equipment (not required immediately, but highly recommended after a few months in order for you to fully participate in sparring training, prices vary starting at £85 for a set, but kit must be bought through ourselves to ensure it meets ITF criteria)
4. Training twice per week (we highly recommend that you attend class on Mondays and Thursdays every week, we realise that you won't always be able to make class, but the more regularly that you train, the better your development will be)
5. Monthly fees £30 per month and we ask for all training fees to be paid during the first week of the month, a standing order form is attached for your convenience.
6. A money saving optional £75 joining fee (to include suit, membership/insurance, theory book and first month's fees, payable in advance), offers a reduced rate for the first month only.

Swindon Taekwon-Do School

General Theory:

Also a part of Taekwon-Do gradings is a theory test, below are examples of some of the things that you will be expected to know and at the end of this pack your first theory sheet is attached. Test papers are on the website.

TaeKwon-Do was officially founded by Major General Choi Hong-Hi 9th Dan.

TaeKwon-Do was officially brought to the UK in 1967.

TaeKwon-Do means the way of the foot and the hand, literally:

Tae = Foot (i.e. to attack with the foot)

Kwon = Hand (i.e. to attack with the fist or hand)

Do = An art or a way of life

Tenets of TaeKwon-Do

Courtesy

Integrity

Perseverance

Self-Control

Indomitable Spirit.

Commands

Attention = Chariot

Bow = Kyong-Ye

Ready = Junbi

Start = Si-Jak

Swindon Taekwon-Do School

Rules and regulations of participation in Taekwon-Do:

1. All students must have a membership/ licence, which provides insurance cover, before their first grading and MUST renew it annually.
2. All training fees MUST be paid in the first week of the month to which they relate; consistent late payment can lead to ejection from the club.
3. All students MUST bow upon entering and leaving the Dojang.
4. Students MUST keep their Dobok clean and pressed.
5. Students MUST keep finger and toe nails clean and short.
6. Smoking, eating, drinking (except water), chewing gum or wearing jewellery is not permitted in the Dojang. (Wedding bands that cannot be removed must be taped over)
7. Smoking whilst wearing a Dobok is not permitted regardless of where you are.
8. You MUST always remove your belt if eating in your Dobok outside of the Dojang.
9. After your first grading a Dobok MUST be worn for training in the Dojang.
10. Students MUST have a full set of safety equipment when they reach yellow belt, 8th Kup.
11. If one or both students do not have a full set of safety equipment then there should be NO contact from either student. Accidents in these circumstances should not happen.
12. Taekwon-do sparring should be a LIGHT contact sport.
13. Misuse of the Art will result in disciplinary action and or ejection from the club.
14. All gradings will depend on attendance and the Instructor's discretion along with technical ability and conduct in the class.
15. Students MUST be respectful of other Martial Artists and other Martial Arts.
16. Any Students taking part in a lesson MUST take full responsibility for their own safety and that of others, as the club is not liable for any injury sustained.
17. Students wishing to enter or leave the rows or training group MUST ask the Instructor's permission, by first raising their hand.

Individual code

Students should never misuse their knowledge or boast of abilities or powers under any circumstances. Students should provide the public with a better understanding of Taekwon-Do through their own knowledge and actions.

Student oath

I shall observe the tenets of Taekwon-Do.
I shall respect my Instructor and seniors.
I shall never misuse Taekwon-Do.
I shall be a champion of freedom and justice.
I shall strive to build a more peaceful world.

Swindon Taekwon-Do School

Other items available:

Description	Sizes	Cost
ITF T-shirt	All	£15
ITF colour belt handbook	n/a	£20
ITF black belt handbook	n/a	£25
ITF colour belt uniform	0000/000	£20
ITF colour belt uniform	00, 0, 1	£25
ITF colour belt uniform	2, 3, 4, 5, 6, 7	£30
ITF black belt uniform	3 to 7	£35
ITF uniform trousers only	All	£15
Swindon ITF theory book	n/a	£10
ITF tie	n/a	£15
ITF holdall	n/a	£17

Swindon Taekwon-Do School

10th kup (beginners) Theory:

- TaeKwon-Do is the Korean Martial Art of Self-Defence
- TaeKwon-do was officially founded by Major General Choi Hong-Hi 9th Dan, on 11th April 1955
- General Choi was born 9th November 1918 and died 15th June 2002
- TaeKwon-do was brought to the UK in 1967 by Master Rhee Ki Ha
- I.T.F. stands for International Taekwondo Federation
- Know your Instructors name and Grade

TaeKwon-Do means the way of the foot and the hand, literally:

Tae = Foot (i.e. to attack with the foot)

Kwon = Hand (i.e. to attack with the fist or hand)

Do = An art or a way of life

Tenets of TaeKwon-Do

Courtesy Ye Ui

Integrity Yom Chi

Perseverance In Nae

Self-Control Guk Gi

Indomitable Spirit Baekjul Boolgool

The meaning of White

White represents Innocence, as that of a beginner who has no previous knowledge of TaeKwon-Do

The meaning of Yellow

Yellow represents the Earth from which the plant sprouts and takes root as TaeKwon-Do's foundation is being laid

Swindon Taekwon-Do School

General Terms

Instructor = Sebum

Student = Jeja

Belt = Ti

Training Hall = Dojang

Training Suit = Dobok

Commands

Attention = Chariot

Bow = Kyong-Ye

Ready = Junbi

Start = Si-Jak

Stop = Gomon

Return to Ready Stance = Barrol

Dismiss = Haessan

About Turn = Dwiryo Torro

Counting to Ten

1 Hanna

2 Dool

3 Set

4 Net

5 Dasaul

6 Yosaul

7 IllGop

Swindon Taekwon-Do School

8 Yodoll

9 Ahop

10 Yoll

Sections of the Body

High = Nopunde (Neck and above)

Middle = Kaunde (Shoulders to belt)

Low = Najunde (Below the belt)

Stances = Sogi

Ready Stance = Junbi Sogi

Attention Stance = Chariot Sogi

Parallel Stance = Narani Sogi

Sitting Stance = Annun Sogi

Walking Stance = Gunnan Sogi

Hand/ Arm Parts

Fore fist = Ap Joomuk

Forearm = Palmok

Inner Forearm = An Palmok

Outer Forearm = Bakkat Palmok

Techniques

Punch = Jirugi

Block = Makgi

Obverse = Baro

Reverse = Bandae



GLOBAL TAEKWON-DO INTERNATIONAL 태권도

Instructor Certification

Name *Ian Fendt*

**This is to certify that the above named
person is hereby qualified as an
Instructor of Tae Kwon-Do, in
accordance with the rules and
regulations of Global Tae Kwon-Do
International**

on this 21st day of April 2003

Signature of course Tutor.....



Official stamp

Certificate Number

PB05F



GLOBAL TAEKWON-DO INTERNATIONAL 태권도 Referee Certification

Name..... Ian Fendt

This is to certify that the above named person
is hereby qualified as a Referee in accordance
with the rules and regulations of Global
TaeKwon-Do International

on this..28th.. day of ...June..2004..

Signature of course Tutor

Certificate Number

HD/03/123



Official stamp



Swindon Taekwon-Do School

Enhanced Certificate		Disclosure & Barring Service
Page 1 of 2		
Certificate Number		001405280258
Date of Issue:		21 MAY 2013
Applicant Personal Details		
Surname:	FENDT	
Forename(s):	IAN	
Other Names:	NONE DECLARED	
Date of Birth:	27 APRIL 1972	
Place of Birth:	SLOUGH BERKSHIRE	
Gender:	MALE	
Employment Details		
Position applied for:	VOLUNTEER SPORTS COACH	
Name of Employer:	SBC LEISURE SERVICES	
Countersignatory Details		
Registered Person/Body:	CAPITA BUSINESS SERVICES	
Countersignatory:	SUSAN RAW	
Police Records of Convictions, Cautions, Reprimands and Warnings		
NONE RECORDED		
Information from the list held under Section 142 of the Education Act 2002		
NONE RECORDED		
DBS Children's Barred List information		
NONE RECORDED		
DBS Adults' Barred List information		
NOT REQUESTED		
Other relevant information disclosed at the Chief Police Officer(s) discretion		
NONE RECORDED		
Enhanced Certificate		
This document is an Enhanced Criminal Record Certificate within the meaning of sections 113B and 116 of the Police Act 1997.		
THIS CERTIFICATE IS NOT EVIDENCE OF IDENTITY		
Continued on page 2		
© Crown Copyright		



GLOBAL TAEKWON-DO INTERNATIONAL 태권도

Instructor Certification

Name *Zoey Fendt*

**This is to certify that the above named
person is hereby qualified as an
Instructor of Tae Kwon-Do, in
accordance with the rules and
regulations of Global Tae Kwon-Do
International**

on this 1st day of January 2006

Signature of course Tutor.....



Certificate Number

PB06A

Official stamp

Swindon Taekwon-Do School

Enhanced Certificate		Disclosure & Barring Service
Page 1 of 2		
Certificate Number 001404756666		
Date of Issue: 16 MAY 2013		
Applicant Personal Details		Employment Details
Surname:	FENDT	Position applied for: VOLUNTEER SPORTS COACH
Forename(s):	ZOEY	Name of Employer: SBC LEISURE SERVICES
Other Names:	CROSSFIELD, ZOEY	
Date of Birth:	30 JUNE 1969	Countersignatory Details
Place of Birth:	WINDSOR BERKSHIRE	Registered Person/Body: CAPITA BUSINESS SERVICES
Gender:	FEMALE	Countersignatory: SUSAN RAW
Police Records of Convictions, Cautions, Reprimands and Warnings		
NONE RECORDED		
Information from the list held under Section 142 of the Education Act 2002		
NONE RECORDED		
DBS Children's Barred List information		
NONE RECORDED		
DBS Adults' Barred List information		
NOT REQUESTED		
Other relevant information disclosed at the Chief Police Officer(s) discretion		
NONE RECORDED		
Enhanced Certificate		
This document is an Enhanced Criminal Record Certificate within the meaning of sections 113B and 116 of the Police Act 1997.		
THIS CERTIFICATE IS NOT EVIDENCE OF IDENTITY		
Continued on page 2		
DBS Disclosure and Barring Service, PO Box 165, Liverpool, L69 3JD Helpline: 0870 90 90 811 © Crown Copyright		

Swindon Taekwon-Do School



Confirmation of Cover

This confirms the undernoted has arranged the following insurance

Swindon TKD

Public Liability/Member to Member

Policy Number	- 32/SZ/17940492/01/
Date of Cover	- 20/09/2013 to 19/09/2014
Limit of Indemnity	- £1,000,000
Insurer	- Allianz



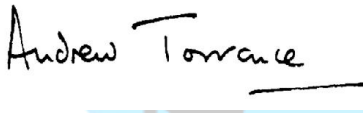
Signed

A handwritten signature in black ink that reads 'Jo Dallaway'.

Name

Miss Jo Dallaway

Swindon Taekwon-Do School

	<div>Underwritten by</div> 
<h2>MartialGuard Instructors</h2> <h3>Public and Products Liability Certificate</h3>	
<p>This Certificate confirms that</p> <p>Name: Ian Fendt</p> <p>Association: Swindon TKD</p> <p>has effected Instructors Public and Products Liability Insurance underwritten by Allianz Insurance plc with a Limit of Indemnity of: £5,000,000</p> <p>for the Period of Insurance commencing: 02/11/2012 and ending: 01/11/2013</p> <p>Policy Number: 32/SZ/17940485/01/17858012</p> <p>This Certificate is subject to the terms, Conditions and Exclusions found in the MartialGuard Instructors Policy wording, a copy of which is available on request</p>	
<p>Signed on behalf of Allianz Insurance plc Authorised Insurers</p> <div><p>Andrew Torrance Chief Executive</p></div>	
<p><small>Allianz Insurance plc. Registered in England number 84638. Registered office. 57 Ladymead, Guildford, Surrey, GU1 1DB, United Kingdom</small></p> <p><small>Allianz Insurance plc is authorised and regulated by the Financial Services Authority and this can be checked by visiting the FSA's website at www.fsa.gov.uk/register or by contacting the FSA on 0845 606 1234.</small></p> <p><small>Our registration number is 121849</small></p>	

This is to certify that
Ian Fendt
attended a course in
**Emergency Aid in the Workplace for
Appointed Persons**
and successfully demonstrated competence

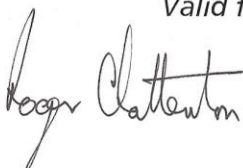
on

November 21st 2008

at

Staverton

Valid for three years from the date of issue



November 20th 2011

Chief Commander
St John Ambulance

www.sja.org.uk
08700 10 49 50

Delegate no. OGLC052052

Certificate no. OGLC047744



International Taekwon Do Federation LICENSE

Affiliation No: **INO # 90** Affiliate Name: **UK ITF**

Country: **England**

Association: **G.E.I.**

Instructor/Dojang: **I & Z fferdt / Swindon Taekwondo**

This Dojang is in good standing with the International Taekwon Do Federation
and is licensed to operate under the ITF for the following years.

A handwritten signature in black ink, likely belonging to the President of the ITF.

President

Registered and Verified Member

2008

Swindon Taekwon-Do School

Child Protection Policy

Swindon Taekwondo School/ Snapping Turtles Taekwondo School will ensure that:

- + The welfare of the child is paramount.
- + All children, whatever their age, culture, disability, gender, language, racial origin, religious beliefs and/or sexual identity, have the right to protection from abuse.
- + All suspicions and allegations of abuse will be taken seriously and responded to swiftly and appropriately.
- + All staff (paid/unpaid) working in sport have a responsibility to report concerns to the appropriate officer.

Child Protection Policy Statement

Swindon Taekwondo School/ Snapping Turtles Taekwondo School has a duty of care to safeguard all children involved in all activities associated with the School & to ensure they are protected from abuse or from harm. All children have a right to protection, and the needs of disabled children and others who may be particularly vulnerable will be taken into account.

Swindon Taekwondo School/ Snapping Turtles Taekwondo School will ensure the safety and protection of all children involved in activities associated with the School, through adherence to the Child Protection guidelines adopted by the School.

A child is defined as a person under the age of 18 (The Children Act 1989).

Policy aims

The aim of the Swindon Taekwondo School/ Snapping Turtles Taekwondo School Child Protection Policy is to promote good practice:

- + Providing children and young people with appropriate safety and protection whilst in the care of **the Instructors & Assistant Instructors of the School.**
- + Allow all staff/volunteers to make informed and confident responses to specific child protection issues.

Promoting good practice

Child abuse, particularly sexual abuse, can arouse strong emotions in those facing such a situation. It is important to understand these feelings and not allow them to interfere with your judgement about the appropriate action to take.

Abuse can occur within many situations including the home, school and the sporting environment. Some individuals will actively seek employment or voluntary work with young people in order to harm them. A coach, instructor, teacher, official or volunteer will have regular contact with young people and be an important link in identifying cases where they need protection. All suspicious cases of poor practice should be reported following the guidelines in this document.....

Swindon Taekwon-Do School

If you wish to see the complete document please request a copy from Mr Ian Fendt.

Declaration

On behalf of **Swindon Taekwondo School/ Snapping Turtles Taekwondo School**, we, the undersigned, will oversee the implementation of the Child Protection Policy and take all necessary steps to ensure it is adhered to.

Signed:

(nb One of the signatories should be the Swindon Taekwondo School/ Snapping Turtles Taekwondo School Child Protection Officer)

Name: **Ian Fendt**

Name: **Marie Newbury**

Position within Swindon Taekwondo School/
Snapping Turtles Taekwondo School:

Position within Swindon Taekwondo School/
Snapping Turtles Taekwondo School:

Instructor

Child Protection Officer

Date: 09/11/11

Date: 09/11/11

CONTACTS:

Marie Newbury

Swindon Taekwondo School/ Snapping Turtles Taekwondo School

Child Protection Officer

Contact details (telephone) 07850 385249

Zoey Fendt

Swindon Taekwondo School/ Snapping Turtles Taekwondo School

Complaints Officer

Contact details (telephone) 07793 000180

Swindon Taekwon-Do School

Swindon Taekwondo Standing Order Form

Student Name/Names:.....

1 student pays £30 per month, 2 students in same household £55 per month

Please cut off below and send to you bank.

Standing Order Mandate

Please Credit Account:

Bank:	Branch:	Sort Code:	A/c name:	A/c number:
HSBC Bank PLC	Churchdown, Gloucestershire.	40-17-59	Swindon Taekwondo	40014923

Please Debit Account:

	(You must include student name below as a reference)																						
Reference:																							
Monthly Payments	Amount in Words	Payments to be taken on the first of each month																					
£		Date Of first payment: / /																					
Bank:	Please Debit Account:																						
Address	Sort Code	Account Number																					
_____	<table border="1"><tr><td></td><td></td><td></td><td></td><td></td><td></td></tr></table>							<table border="1"><tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr></table>															

Post Code _____	Signed	Date _____																					

Swindon Taekwon-Do School

LICENCE APPLICATION

PLEASE USE BLOCK CAPITALS AND COMPLETE EVERY FIELD

Photo

SURNAME..... FIRST NAMES.....

MR/MRS/MISS etc D.O.B. AGE

HOUSE NUMBER.....STREET.....

POST TOWN..... COUNTY.....

POSTCODE..... HOME PHONE.....

MOBILE.....

E-MAIL

SCHOOL.....Swindon..... GRADE.....

NEW (include 3 photos, one attached above) ☐

DO YOU SUFFER FROM ANY OF THE FOLLOWING? (Tick if yes)

Heart Disorders ☐* Asthma ☐Migraine ☐ Hemophilia ☐ Dyslexia ☐

Hay Fever ☐ Diabetes ☐ Epilepsy ☐ Nervous Disorders ☐

Other Disabilities/Injuries:

.....

..... (If necessary continue on the back of this form)

HAVE YOU EVER BEEN CONVICTED OF A CRIME OF VIOLENCE?

YES ☐

NO ☐

(if yes, an explanatory letter must accompany this form)

HAVE YOU EVER BEEN REFUSED MEMBERSHIP OF ANY MARTIAL ARTS CLUB?

YES ☐

NO ☐

(if yes, an explanatory letter must accompany this form)

PHOTOGRAPHY DISCLAIMER: I understand that Swindon ITF and its individual Instructors may at times make use of photographic images of Swindon ITF members for the promotion and/or teaching of Tae Kwon-Do.

I agree to abide by the rules and regulations of Swindon ITF and understand that Martial Arts practice can carry a risk of injury.

MEMBERS SIGNATURE.....
(PARENTS IF UNDER 18)

DATE.....

INSTRUCTORS SIGNATURE.....

DATE.....