

Contact Brian Robinson 020 8423 6088

10 th Kup white	9 th Kup white yellow strip
8 th Kup yellow	7 th Kup yellow green strip
6 th Kup green	5 th Kup green blue strip
4 th Kup blue	3 rd Kup blue red strip
2 nd Kup red	1 st Kup red black strip
1 st Dan Black / Poom Dan	

If you are under fifteen years old when you reach a Dan grade you will receive a poom Dan (junior black belt) this is half red and half black. Once you reach the age of fifteen you will be able to wear a black belt. Upon reaching the level of fifth degree black belt you are awarded the title of Master.

Instructors

Brian Robinson 4th Dan Black Belt

Alec Bryan 4th Dan Black Belt

Luke Robinson 3rd Dan Black Belt
(All BTC qualified & registered, CRB checked)

Training Times & locations

Northolt

West London Academy, Bengarth Road, Northolt. UB5 5LQ

Thursday 6.30pm – 7.30pm All grades welcome

South Ruislip

Deane Park Hall, Long Drive, South Ruislip. HA4 0HS

Saturdays 10.00am -11.15 am All grades welcome

Wednesdays 06.00pm – 07.15 pm All grades welcome

Fridays 06.30pm -7.45 pm All grades welcome

For more information about us, visit our web site

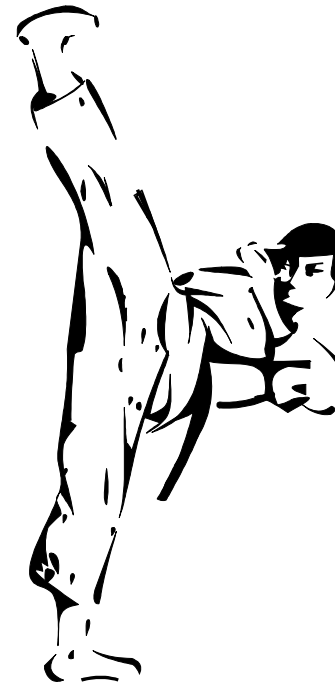
www.taekwondo.go.cc
taekwondo@go.cc

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Titan Taekwondo

Welcome to the Titan Taekwondo



The information contained here should answer any questions that you may have concerning Taekwondo and our club. If you require any further information please ask and we will be happy to help.

We are often asked to define what Taekwondo is. When answering this question, the first thing we try to impress upon the person is that Taekwondo is not just self-defence training or punching and kicking. The art is far more than simple physical conditioning, mental training. It has to do with the development of the Taekwondo spirit, which carries over into all aspects of a student's life. When we

refer to students of the art we include all teachers of the art as well, for we too are always growing and learning through Taekwondo. This concept of the spirit of Taekwondo is where the elusive answer to our question is found, for this is in essence the definition of Taekwondo.

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In English, the literal translation of Taekwondo is “the art of kicking and punching.” Tae means “to kick,” Kwon means “to punch” and Do means “art”. But this is only the basic translation. Do in Korean implies, a philosophical viewpoint or way of approaching life. This is the ultimate aim of Taekwondo. Through vigorous physical training students of the art seek to improve themselves, physically, mentally, and spiritually.

Lessons take place under the guidance of an experienced instructor. Brian Alec & Luke have experience in Taekwondo both nationally and internationally.

You are never too old to take part in Taekwondo. We have had students from five to fifty, the only thing holding you back from starting Taekwondo is you. Every person training is treated as an individual, you will not be expected to do anything you don't want to do, but you will be encouraged to attain your full potential, in a friendly, welcoming atmosphere.

During your training you will initially learn basic stances, blocks, kicks and strikes along with various stretching exercises that will warm your body up in preparation for training. These basics will be consistently used throughout your training as a solid platform on which to base all of your Taekwondo. Over time these basics will become second nature and further development with the use of combinations of movement together with a growing confidence in your physical and mental well being will enable you to attain your full potential.

We welcome you to view training sessions before you participate in any lesson. All participants will be required to fill out a membership form which must be signed and dated (if you are under sixteen this must be done by your parent or guardian) and the annual membership fee (£30.00) paid before you take part in any lesson. The membership fee covers the

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cost of membership of Titan Taekwondo and the national governing body, the British Taekwondo Control Board (B.T.C.B.). Membership is not an option and we are under strict instructions from the B.T.C.B. not to allow any person to participate in Taekwondo without membership because the fee also includes insurance cover.

The current fee for training is £5.00 per session.

Initially to take part you will need to wear some loose fitting clothing to train in. When you are ready you can purchase a Taekwondo uniform (Dobok), these are purchased through the club for £30.00.

You may see students and instructors wearing Taekwondo shoes during the lesson, we would generally advise against wearing shoes especially when beginning Taekwondo as training in bear feet will give you better grip on the floor.

After training we suggest that you take a warm bath to relax your muscles, you may find you have some aches and pains the next day but these will soon pass with regular training.

With regular training you will be able to take part in a grading exam (£20). These are carried out approximately every four months and require you to attend lessons regularly between gradings. There is a set syllabus to learn for each grade. Your regular attendance along with your instructor's approval, and belief in your ability to pass the examination, will gain you an opportunity to grade and achieve promotion. As you pass each grading you will gain a new belt these are as follows:

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