

Troon Tae Kwon-do

Welcome Pack



The Five Tenants of Tae Kwon-Do

Courtesy

Integrity

Perseverance

Self Control

Indominable Spirit

www.troontaekwondo.co.uk



New Student Information

New Student Info

Hello and welcome to Troon TaeKwonDo, we hope this is the start of a new and very exciting venture for you.

As with everything in life, you will get out what you put in. The harder and more often you train the fitter you will become. However, please note that we do recommend that you take it easy when you first start as for those that are not used to physical exercise, what might seem to be easy when you are training in class, your body will remind you the next morning that it isn't as easy as you first thought.

Take everything at a slower pace, if you feel you can only manage to do 5 of the requested exercises, try doing 6 instead, give yourself a little extra push until you are comfortable with the way your body is responding to the new way of exercise. Don't try to keep up with those that have been there a while. You'll get there eventually. Remember that a long journey starts with a few small steps.

So, What Happens Now?

If you've done your first sessions and would like to keep on training, please ensure that you have filled in the TAGB Licence application form and handed it back to your instructor along with the licence fee. This is important and means you are eligible to grade and enter any of the national and regional competitions if you choose to do so.

Your First Grading

Once you've been training for a few months you should be eligible for your first grading. This will take you from white belt to yellow stripe if you pass. Gradings are held every 3 months until you reach blue belt, then every 6 months until you sit your grading for black belt. Gradings are taken by the TAGB Scotland area representative, 9th degree black belt Grand Master Paul Donnelly. This is to give you confidence that as students, and also to parents, we are teaching to a high standard and you are being given the best tuition possible.

For your first grading you will learn Four Directional Punch exercises (Sajo Jirugi 1 and 2) along with set defending and attacking moves forwards and backwards (called Linework) and a few Korean to English (or English to Korean) words for things like punch, stance, etc. Each belt also has a specific meaning and this is often asked by grading examiners.

The important thing at gradings is not to panic, enjoy the experience. We grade with students from other clubs throughout Ayrshire so this is a good opportunity to get to know other likeminded people.

For your first grading you will need:

- Your TAGB Licence (from from your instructor)
- An official TAGB white training suit (dobok) available from your instructor
- Paid the grading fee **PRIOR** to the grading
- Handed in 3 passport sized photographs
- Learned your Korean theory

Good luck to you on this start in your TaeKwonDo journey and remember, a black belt is just a white belt that never quits!

Your Instructor

Getting to Know Your Instructor

Iain Harley... 3rd Degree Black Belt

Mr Harley has been training for over 9 years in TaeKwonDo, although originally has a background in Shukokai and Shotokai Karate. He switched to TaeKwonDo after his wife, son and daughter started at Prestwick TaeKwonDo, training under Mr Kulwant Chahal.

Although late to start competing, he has enjoyed some success on the competition circuit with a bronze medal win at the 2013 Welsh Open and in the same year a bronze at the Scottish Open Championship. The following year he again had success at the Scottish Open another bronze medal wins. However, it was at the 2014 that saw him gain gold and Scottish Champion at the Scottish Closed Championships along with a bronze medal with his daughter Teagan, in a parent and child synchronous patterns competition. Iain's final Scottish Open competition saw him gain another bronze medal and now with his black belt grading getting nearer, he decided to take a step back from competition and concentrate on training for that.

He sat and passed his 1st degree black belt grading and in October 2015 and shortly after obtaining passing the 1st degree grading, Mr Harley went on to do official TAGB instructors, umpires and referees courses. He is fully PVG checked and first-aid certified.

He has assisted various instructors throughout Ayrshire, taking their classes if the usual instructor was unable to be there. He has run 1 to 1 and small groups session for students approaching grading time who felt they needed the extra tuition.

Iain is particularly proud to have taken part in the 2016 World Tae Kwon-Do Championships and even though he didn't win a place, the atmosphere and spirit of friendly competition with fellow students from all over the world has nothing to compare.

Mr Harley opened the Troon TaeKwonDo Club in September 2017 and the level of interest and support from the local community was, and still is, amazing. We are also very proud to be involved with the local Troon Sports Hub to help promote and assist with getting people active in their sporting community. The club now has over 50 registered students training on a regular basis, some training 4 hours a week! This hard work by the students has reflected on how well the club does at gradings and to date we have 100% pass rate. We have also had some good successes at competitions as well, with students winning gold, silver and bronze in patterns, individual and tag team sparring events. During the covid-19 lockdown the club didn't close but shifted training to online using Zoom, then to outdoor classes at South Beach and then thankfully back indoors where we ran socially distanced classes. During lockdown Mr Harley sat and passed the 2nd degree blackbelt grading in October 2020. He was promoted to 3rd degree black belt in April 2023 at Helindon Lakes in Daventry.

Tae Kwon-do is a great family activity. Mr Harley encourages families to train together as he has seen how much they support each other through the training and grading syllabus. His wife is a 2nd degree black belt with his daughter and son both 1st degree blackbelts.

As you can see, for some people Tae Kwon-Do can become more than a sport, it can become a way of life.

About the TAGB

The Tae Kwon-Do Association of Great Britain (TAGB)

The Tae Kwon-Do Association of Great Britain (TAGB) is a nationally recognised Tae Kwon-Do organisation. It was formed in 1983 and has since become the founding member of the British Tae Kwon-Do Council (BTC) which is recognised by the United Kingdom Sports Council.

TAGB instructors are highly qualified, accredited individuals with many years' experience in teaching mixed classes which often include young children and disability groups. TAGB members start as young as five and recently one of our members gained his 5th degree black belt on his 70th birthday!

Because of its high-kicking, fast-paced style Tae Kwon-Do is a thoroughly modern way of getting fit. The TAGB is a great advocate of fun and fitness at an early age, TAGB instructors often work with local schools to teach self-defence and promote fitness.

As the largest martial arts organisation in the world the TAGB has over 26,000 accredited members, 700 schools, and organises seminars with World Masters, demonstrations, and national, regional and international championships every month of the year.

The TAGB is not just concerned with its own development, this is why it has played a leading role in the reunification of British Tae Kwon-Do into one body. In 1988, the TAGB helped found the British Tae Kwon-Do Council (BTC), this being the only governing body of Tae Kwon-Do to be recognised by the Sports Council. The TAGB also helped found Tae Kwon-Do International, the object of which is to bring together Tae Kwon-Do practitioners throughout the World.

Tae Kwon-Do International is non-political and it doesn't attempt to dictate to member countries how they must run their affairs. Since its foundation in 1993, Tae Kwon-Do International has grown to become one of the biggest World Tae Kwon-Do bodies. Its World Championships are amongst the largest and best organised and it draws its participation from every contingent.

Tae Kwon-Do training is about learning to discipline your mind as well as your body and TAGB instructors always include elements in their teaching which help their students to develop mentally as well as physically.

With schools throughout the country the TAGB is the ideal organisation for learning a martial art that has evolved through a 3,000 year history to become one of the newest Olympic Sports.

Visit: <http://www.tagb.biz>
<https://www.tagbscotland.com>

Club Rules and Regulations

THE INSTRUCTOR HAS THE RIGHT TO REFUSE INSTRUCTION TO ANY INDIVIDUAL AT THEIR DISCRETION.

1. Always bow to your Instructor when entering and leaving the Dojang (training hall). Always refer to Instructors/assistants as Sir, Miss or Ma'am. This is to show your respect and to symbolize your modesty.
2. **NO JEWELLERY** of any description (including watches, rings, necklaces or bracelets) may be worn during training sessions. If earrings can't be removed they must be covered with tape.
3. Never enter or leave the lesson without permission from your instructor.
4. All students should be courteous and understanding. Senior students are expected to set a good example to new students.
5. Loud conversation, laughing in excess and chewing gum have no place in a Tae Kwon-Do school.
6. Your Dobok (uniform) must be clean and tidy at all times.
7. Any substitute and assistant Instructor should be treated as your regular Instructor.
8. Do not demonstrate or teach Tae Kwon-Do without the approval/permission of your Instructor.
9. Do not engage in any activity that is against the five tenets of Tae Kwon-Do, or that may harm the reputation of your school.
10. You must train with your Instructor at your registered school on a regular basis.
11. You must hand your licence book into your Instructor prior to each grading.
12. Only Senior Instructors are permitted to approach the media. **No** individual media coverage is allowed without prior permission from your Instructor.
13. Your Licence is **your** responsibility, this must be renewed annually in the month prior to it expiring.
14. Only T.A.G.B. Safety equipment & training suits are permitted for gradings and national competitions.
15. All training/grading/competition fees to be paid on time
16. Any grievances, to be taken up with your instructor after the class, in a polite respectful manner.

Frequently Asked Questions

Q Where do I get the uniforms from & do I need one straight away?

A All uniforms and equipment may be purchased through your Instructor, however you can get it from where you like, as long as it is TAGB approved. You don't need a suit until your first grading.

Q Why do I need an Insurance/Licence?

A The TAGB is a professional organisation and the safety of every student is paramount. Whilst every effort is made to ensure that safety, as with any contact sport accidents are inevitable.

Q How often must I train?

A It is recommend that once a week is adequate when you first start, however the more you train the quicker you will pick things up. Once you get to Green belt, about a year down the line, then stepping this up to twice a week is better for you, as training does get a little harder and there is more to remember.

Q Do we have to Grade?

A We don't make you, but if you wish to go through the belt system & achieve the next level, grading is the only way. This will be at the Instructors discretion and if you wish to.

Q Can we skip a Grade or FastTrack?

A No, every student must do the allocated minimum time between Gradings.

Q Are the exams easier for juniors than Adults?

A No regardless of age, all students do the same exam. This consists of learning not only their moves for each exam, but also the Korean terminology & history. This is what sets us apart from more diluted forms of martial arts.

For any further info please feel free to ask your Instructor

Training & Equipment Costs (March 2025)

There are costs associated with training, your annual licence and to purchase equipment such as your suit and the protective gear used for sparring. We only advocate the use of approved TAGB equipment and please note the official white suits are required for gradings and competitions.

Here is a list of the training costs and licence fees. Please note that this is subject to change, but you will be informed of any changes by your instructor.

Monthly Training Costs (Based over a 46 week training year)

Single Day:

1hr session -	£22 per month
2hrs session (same night) -	£35 per month
Two Sessions over Two Days	
1hr each night -	£40 per month
2hrs each night -	£70 per month (unlimited training)
One to One session	£45 per 1hr session
New and Renew Annual TAGB Licence -	£42
Coloured belt training suit (dobok) -	£42
Black belt training suit (dobok) -	£44

Suit sizes are based on height. The waist of the trousers is elastic with a drawstring so there is some flexibility for adjustment.

Size:	Height:	Size:	Height:
000	110cm	3	160cm
00	120cm	4	170cm
0	130cm	5	180cm
1	140cm	6	190cm
2	150cm	7	200cm

Gradings and Competitions (please check on entry forms)

Colour belt grading (include certificate and belt if passed)	£32
Competitions per category entered	£20 first entry then £15 for second
Spectators tickets	£10 each

Sparring Equipment (XS, S, M, L and XL sizes. Please see your instructor to info on sizing)

Head guard	£36
Hand guards	£32
Groin guard (boys/men only)	£21
Shin guards	£26
Foot guards	£32

Gumshields are available from local sports shops, however, if you need a specially fitted gumshield please speak to your orthodontist.

Please note that sparring is a mandatory part of the grading from blue belt onwards. The quicker you start sparring the easier it is to get used to it.

Club Suit and Equipment

We are now offering Troon TaeKwonDo branded training suits, hoodies, zipped hoodies, t-shirts, caps/hats and equipment bags. Most of these items have the Troon logo embroidered onto them, t-shirts are a heated transfer. Suit sizes are per the above list. The baseball cap, winter hat and kitbag are all one size. Sizes for children's and adults are as follows

Children's Hoodie/Zipped Hoodie	Size Code	Adult Hoodie/Zipped Hoodie	Size Code
Small (5 to 6 years)	KS	Small	AS
Medium (7 to 8 years)	KM	Medium	AM
Large (9 to 11 years)	KL	Large	AL
XL (12 to 13 years)	KXL	XL	AXL
		XXL	AXXL

Please note that due to EU regulations, children's hoodies and zipped hoodies **do not come** with a drawstring for the hoods.



Equipment Order Form

Order for (Student Name):

Item	Size	Cost	Number	Total
Sparring Head Guard		£36.00		£
Sparring Hand Guards		£32.00		£
Sparring Groin Guard		£21.00		£
Sparring Shin Guards		£26.00		£
Sparring Foot Guards		£32.00		£

Colour Belt Suit		£42.00		£
Black Belt Suit		£44.00		£
Student Handbook		£8.00		£
Colour Belt Manual		£15.00		£

Club Suit		£35.00		£
Club T-Shirt		£20.00		£
Club Zipped Hoodie		£39.00		£
Club Hoodie		£35.00		£
Club Baseball Cap		£14.00		£
Club Winter Hat		£14.00		£
Club Kitbag		£20.00		£
Total				£

Signed (student/parent/guardian):.....

Item can be paid for in the club or ask for bank transfer details.

Payment only due **after** the order has arrived

For Office Use Only:

Order Date: Order Received On:

Paid Date:



Privacy Policy

Introduction

This privacy policy sets out how we use and protect any information that you give to us when you become a member of the TAGB.

We are committed to ensuring that your privacy is protected, and we will never release your personal details to any third party without your express consent. When you complete an application to join a TAGB club, certain personal information is collected from you. You can be assured that it will only be used in accordance with this privacy policy.

What information we will collect:

- Forename and Surname
- Date of Birth
- Photograph
- Current Address
- Contact telephone numbers
- Contact email address
- Gender
- Medical Conditions
- Next of Kin name and emergency contact details.

Why we need the information we gather

We require this information to administer your membership and to provide the products and services you have requested from us and provide you with an efficient service for the following reasons:

- Internal record keeping
- Sending membership fee notices to you
- Recording financial transaction to your membership fee account
- Contacting you with relevant club and Association correspondence
- Maintaining a record of any recognised competitions you may take part in
- Maintaining a record of your grade status and related grading examinations
- Confirming your grade to other Associations or International Bodies if they request confirmation of your grade for any competitions you have entered with them
- Sharing personal details with the British Taekwondo Council (The United Kingdom National Governing Body for Tae kwon-do) for membership and insurance purposes only.

The TAGB will retain your personal information on our membership database for the duration of your membership, and for a period of 12 months after your membership has expired.

We take your privacy seriously and all such information is held on secure servers. The TAGB complies with all applicable Data Protection Regulations. We may change and update this policy from time to time

and will notify you accordingly.

This policy is effective from 20/05/2018

Notes:

- 1) Under GDPR you have the right to view all data we hold on you. Access to this information can be obtained from your TAGB Instructor.*
- 2) Under GDPR you have the right to complain to the Information Commissioner's Office (ICO) if you think there is a problem in the way your data is being handled.*