

Taekwondo Terminology

Most of our teaching is conducted in English. However, you will find it useful to understand a few basic Korean commands and the numbers from 1 to 10.

Numbers

One:	hana	Six:	yasot
Two:	dul	Seven:	elgup
Three:	set	Eight:	yodol
Four:	net	Nine:	ahop
Five:	dasot	Ten:	yaul

Commands

Attention:	cha-ryot	Stop:	gu-mahn
Bow:	kyong-ye	Return to start:	barro
Begin:	si-jak	Break:	kalyeo
Ready:	joonbi	Continue:	kae-sok

Rules of the *Dojang* (training hall)

Taekwondo is a martial art and also a contact sport. Training in Taekwondo should be fun but it is also important that a few rules are observed to ensure that training is as safe as possible and that all students develop the true martial spirit.

- Bow when entering or leaving the dojang.
- Treat your training partners with respect.
- Do not wear either watches or jewellery during training.
- Keep nails short and tidy, and observe good personal hygiene.
- Always obey commands from an instructor.
- Listen carefully to your instructors and keep talking during classes to a minimum.
- Work hard in your training and attend lessons regularly.
- Taekwondo techniques should not be used outside of the dojang except when necessary for self-defence.

Tae Kwon Do

Etiquette Modesty Perseverance Self-control Indomitable Spirit



Welcome to Dorset Taekwondo Association.
Members of the British Taekwondo Control Board,
and the World Taekwondo Federation.

For more information call:

Keith on (07712) 158939
or Darren on (07789) 107157

or look at the web site
www.dtkd.co.uk

Thank you for your interest in Dorset Taekwondo Association, Dorset Taekwondo Association is a group of WTF Taekwondo clubs spread throughout Dorset. (A list of training locations is attached.)

Dorset Taekwondo Association started by Master Keith Evans (6th Dan) in the early 1980s in Bournemouth. It has now expanded throughout Dorset with many highly qualified instructors.

What is Taekwondo?

Tae means to strike with the foot, Kwon means to strike with the hand and Do means the art or discipline. Therefore, Taekwondo is the art of kicking and punching.

Taekwondo involves both straight line kicking techniques as well as more circular movements. As a martial art, it teaches the students self-defence, fighting techniques, and the mental development of self-control, self-confidence, and respect. It will improve your agility, coordination, fitness, and timing. It is suitable for nearly everyone, regardless of age, sex, or natural ability. WTF style of Taekwondo sparring became a full Olympic sport at Sydney 2000

Taekwondo is a Korean martial art and can trace its origins back to the Koguryo dynasty founded in northern Korea in 37BC. The martial art was taught to the warriors not just to develop their fighting skills but also to establish honesty, loyalty, bravery, and a sense of justice.

When Japan invaded Korea in 1911, the Japanese tried to suppress all the Korean martial arts. However, some of the masters continued to train and also learnt the Japanese art of Karate as well. When Korea was liberated, the martial arts could once more be practiced openly. Many schools were founded.

In 1956, many of these schools were brought together to teach the art, which was now called Taekwondo. In 1965, the World Taekwondo Federation was founded. Taekwondo is now practice by more than 20 million students in over 170 countries.

Your Instructors

All Association Instructors are highly qualified. As well as years of experience teaching Taekwondo, they have all complete a British Taekwondo Council (BTC) instructors courses. The BTC instructors course includes training in Child Protection, Health and Safety & First Aid. To become as a Taekwondo Instructor with Dorset Taekwondo Association Instructors have passed a Criminal Records Bureau Check (CRB) check.

Different association instructors have their own skills and focus on different aspects of Taekwondo. This gives our 300+ members the unique opportunity to develop their own techniques and become their own martial artist, rather than clones of their instructors! Many of the Association instructors have spent time in Korea (at the 'Kukkiwon' = Headquarters of Taekwondo) testing, training and successfully passing instructors exams. We set the example to other clubs and associations, other follow. **Learn form the best!**

Dorset Taekwondo Association can boast that it has trained nearly 150 people to black belt. Its players have competed in national, international and World Championship competition.

Costs

Dorset Taekwondo Association is not a business. It is a 'not-for-profit' association. Any profits made are fed back into the members giving them the opportunity to compete, travel and increase their own skills.

We aim to keep the cost of training as low as possible. Training fees start as low as £15 a month based on training once a week (thats £3.75 a lesson). There are various payment options including some special rates for families. Please ask for more details. Annual License/insurance with the British Taekwondo Control Board (BTGB) is £20. A requirement of our insurers is that you must sign an insurance form on your first lesson.

Once you have been training for approximately one month (and you have insurance), you will need to buy a uniform, which will cost approximately £25 on size and brand. The only other cost is (optional) promotion-grading tests which are held four times a year.