



[www.taranakitkd.com/tigers](http://www.taranakitkd.com/tigers)

## Venue

St Josephs Hall  
Calvert Road  
Lynmouth  
New Plymouth

## Time

Wednesdays  
3-30pm to 4-30pm

No Training School Holidays

**Venue:** St Josephs Hall, Calvert Road, Lynmouth, New Plymouth.

**Time:** 3-30pm to 4-30pm. (Hall is open from 2-45pm onwards)

**Cost:** Single Student \$40 per school term  
Family of 2 or more \$60 per school term

**Instructors:** Neill Livingstone V Dan  
Frances Rookes I Dan  
Brent Flynn I Dan  
Cath Tippett  
Glenwyn Flynn  
Sheryl Thomas

The Taranaki TKD Tigers is a club for younger students who wish to participate in martial arts. Its' intention is preparatory and helps develop the skills required to eventually participate in the more challenging senior classes. Our goal as instructors is to teach the following aspects of Taekwon-Do in a fun and interactive way.

## **What we teach**

### **Student Oath**

**I shall observe the tenets of Taekwon-Do**

*(Courtesy, Integrity, Perseverance, Self Control, and Indomitable Spirit)*

**I shall respect the instructor and seniors.**

**I shall never misuse Taekwon-Do**

**I shall be a champion of freedom and justice**

**I shall build a more peaceful world**

- Class Procedures
- Basic Hand and Foot Techniques
- Basic Self Defence Techniques and Awareness
- Korean Language
- Flexibility
- Balance
- Confidence
- Social Interaction Skills

**Notes:**

**Terms fees** are to be paid on the first training session of each term.

If you require a **receipt** please ask.

Uniforms are available for purchase through the club. **Cost \$90**

Uniforms must be paid for at the time of order.

Uniforms are not essential however they do help with integration into the class.

**Gradings.** This is where the students sit a test to gain a higher belt such as a yellow stripe (**9<sup>th</sup> Gup \$20**) or yellow belt (**8<sup>th</sup> gup \$40**).

**Expectations.** You could expect to see a beginning student sit a grading after approx 3 to 4 terms. This equates to around 36 to 40 hours of training. This is also applicable in the senior class. Depending on the student the time may be longer or shorter.

Parents are encouraged to take an interest in their child's activity and the Instructors are always available to discuss any questions you may have.

The Hall is open from 2-45pm onwards to accommodate those students attending St Josephs School.

Students are encouraged to bring a drink bottle especially in the hotter months.

Students are not permitted to leave the hall once they arrive unless they ask permission.

If your child has a medical condition please inform the instructors.

The Instructor (Neill Livingstone) has a current workplace **first aid certificate**

Parents are welcome to watch the classes.

No training in the school holidays.

Please return this completed form with the correct payment

**PLEASE PRINT**

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Medical Condition: \_\_\_\_\_

Parents Signature \_\_\_\_\_

Date \_\_\_\_\_

**Please make cheque payable to New Plymouth Taekwon-Do**