



Hello and welcome to your first Taekwondo training session with me Andy Cawley 5th Dan Black belt. I have over 30 years' experience in Taekwondo and have trained many students to Black belt (Dan) standard. I sincerely hope that you enjoy the session and look forward to welcoming you to many more.

Taekwondo is a martial art of self-defence that originates from Korea, the style we practice is governed by British Taekwondo and World Taekwondo. It is also an Olympic sport; the British team were successful in the 2012 London and the 2016 Rio Olympics winning gold, silver and bronze medals.

As a club we currently train three times a week:

Monday – Trentham Sports Centre, Allerton Road ST4 8PQ
between 5.30 and 7.30 pm

Wednesday – St Andrews Church Hall, Pilkington Drive ST5 3RE
between 5.30 and 7.30 pm

Thursday – Sir Stanley Matthews Academy Community centre,
Beaconsfield Drive Blurton, ST3 3JD between 6.30 and 8.30 pm

We also provide separate competition training sessions in addition to the above sessions.

Our classes cater for all ages and grades. Most of the people who join us have had no experience in martial arts training before.

As with any sport there is a certain amount of risk involved. We do take every care to avoid any accidents but it is necessary that members are licensed to participate in the training sessions, British Taekwondo insists on this. The Licence is also an insurance policy should any accident happen. Whilst I do not ask for Licence/insurance payment immediately at the first class if you wish to continue training you would need to pay the licence fee.

If you'd like to join us please go to the British Taekwondo website: www.britishtaekwondo.org.uk go to the hub and click: click sign up: membership type member: club Staffs BT: complete form: create password: I agree to terms and conditions. The fee will be displayed on the site. BT will then invoice the club and you then pay the subscription.

The sessions are charged at £4.50 per person but there is discount offered to family groups and for regular training such as students training more than once a week, please ask for details.

The Uniforms (Do Bok) worn by our students can be purchased from me (currently £18 - £25 each) you can purchase one yourself. Please ensure if you purchase a Do bok yourself that it is World Taekwondo approved. There is no need to purchase a Do bok until you are sure you wish to join us.

We have a Facebook page **Staffs Taekwondo** where we post club events and achievement's along with updates about the club etc.

If you have any further questions please contact me on 07841377244 or 01782 415137. My email address is **andrew.j.cawley@btinternet.com**.

Thank you

Andy Cawley
Karl Johnson