

# WOLVES MARTIAL ARTS

## WELCOME TO TAEKWONDO

### WHAT IS TAEKWONDO?

- Taekwondo is a Korean martial art, that is also an Olympic sport.
- The word “Taekwondo” derives from the following: **Tae** meaning foot; **Kwon** meaning fist; and **Do** meaning “the art of” or “the way”.
- The word “Taekwondo” basically means the art of self-defence using only one’s hands and feet. Taekwondo does not practice, or encourage the use of weapons such as knives, sticks or swords etc. and it does not practice or encourage the use of any fatal strikes.

### WHAT ARE THE BENEFITS OF TAEKWONDO?

- The main benefit of Taekwondo is its availability to all ages and both sexes, from beginners to advanced students. In our club, we encourage families to train and have fun together. Taekwondo is a great way to get fit and healthy. Taekwondo teaches you how to deal with stressful situations, and also how to defend yourself.
- Other benefits most students gain from training Taekwondo are:
  - Increase in fitness, health, flexibility and coordination
  - Increase in concentration
  - Ability to strive for goals

### WHAT HAPPENS IN A TAEKWONDO CLASS?

- All classes start with a warm up, followed by systematic stretching exercises.
- Skills learnt over previous weeks will be practiced.
- Following a predetermined syllabus, a week by week program covers development in:
  - Hand and kicking techniques
  - Patterns (or Poomsae)
  - Self-defence
  - Sparring
- The class will generally finish with a cool down.

### WHAT EQUIPMENT DO I NEED TO TRAIN IN TAEKWONDO?

- Students will be required to wear a Taekwondo uniform within a reasonable time of joining the club.
- To ensure the safety of all students, the following will be required:
  - Mouthguard
  - Shin guards
  - Arm guards
  - Groin guard
- This equipment can be purchased through the club if required.
- All other equipment required for training purposes will be supplied.

### NEED MORE INFORMATION?

Check out our website: [www.wolfesmartialarts.com](http://www.wolfesmartialarts.com)