

Taekwondo

THE KOREAN
MARTIAL ART
OF SELF-
DEFENCE



To reserve your place CALL NOW!

Courtesy - Integrity - Perseverance - Self Control - Indomitable Spirit



Learn the Korean Martial Art of Self-Defence with the North West's Premiere Taekwondo Association.

All club instructors are qualified, Kukkiwon registered Black Belts and are fully insured.

Il Gi Taekwondo Association operates a child protection policy.

For more information and class training times visit our website:

www.ilgitaekwondo.org



Join us NOW....

Improve fitness and confidence.

Adults & juniors welcome.

Families can train together.

Superb sports facilities.

PALATINE LEISURE CENTRE
ST. ANNES ROAD, BLACKPOOL

Tuesday & Thursday 7:00-8:00pm

Telephone: 07773 882165

ABOUT TAEKWONDO

Taekwondo - Tae (foot), Kwon (hand), Do (art) - is the art of self-defence that originated in Korea. It is recognised as one of the world's oldest martial arts, having roots reaching back over 2,000 years.



As well as being a great way of keeping fit; through responsible teaching and the correct Taekwondo training, an individual's character can be developed in a wholly positive way. Within the first few months of a student's training in Taekwondo, great emphasis is placed upon instilling the tenets or beliefs associated with the unique philosophy of Taekwondo.

Our Training Programme is designed to help teach the important qualities of respect, discipline, self-control and confidence as well as promoting physical activity and fitness, whilst incorporating the practical elements of an effective self-defence system giving confidence and reassurance. Students will take part in the following aspects of Taekwondo training:

Basics: Blocking, Punching, Striking and Kicking techniques, Stances, Breathing control etc.

Patterns (Poomsae): A series of defending and attacking movements performed against an imaginary opponent or opponents in a set pattern. Poomsae provide both mental and physical training and are designed to aid in the development and refinement of coordination, balance, rhythm, timing and breathing control, all of which are essential skills to the Taekwondo student.

Sparring (Kyorugi): Freestyle semi-contact and full-contact competition style sparring, 3-step & 1-step sparring (in which students practise pre-arranged sparring combinations).

Self-Defence (Hosinsul): Learning defence against kicks, punches grabs/holds and attacks with weapons. Release techniques, arm locks and joint manipulation. Anti-bullying techniques.

Breaking (Kyokpa): Demonstrating the power and skills developed through the study of Taekwondo.



Fitness/Strength: Anaerobic and aerobic workout, stretching and core strengthening.

DOES THE CLUB YOU TRAIN AT HAVE THE FOLLOWING:



- Membership of the UK Taekwondo Development Council (UKTDC)
- Membership of the British Taekwondo Council (BTC)
- Membership of Chungdokwan UK
- Member to member personal accident insurance
- Club Instructor professional indemnity insurance
- First aid certificate
- A licence with grade entries
- Child protection policy
- Instructor and referee courses
- Regular technical and sparring competitions and seminars