

UKTA EXETER SCHOOL OF TAEKWON-DO

REAL TAEKWON-DO

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EXETER SCHOOL OF TAEKWON-DO

The Exeter School of Taekwon-do offer regular classes on Monday evenings at Isca School, Earl Richards Road (off Topsham Road) in Exeter and Wednesday evenings at St Peters School, Quarry Lane in Exeter

The Exeter School of Taekwon-do is a member of

1. The **United Kingdom Taekwon-do Association** (National Governing Body)
2. The **International Taekwon-do Federation** (Worldwide Federation)
3. The **British Taekwon-do Council** recognised by **UK Sport** as the governing body for all Taekwon-do in the UK

The classes are mainly conducted by our Senior International Instructor, Examiner & Umpire Mr Philip Taverner ABAPT 6th Dan

Mr Taverner is a very active Instructor with a vast amount of experience in Taekwon-do, experience in boxing and a black belt holder in Aki-jujitsu of which Mr Taverner includes within the self defence elements of Taekwon-do. With over sixteen years as an International England competitor and previously an England Captain, an International Team Coach and a Veteran Competitor, Mr Taverner has a vast amount of experience not only within Taekwon-do as a martial art but also the sports side of Taekwon-do.

You are considering joining a very successful school and non-profit organisation whereby all individuals involved are on a voluntary basis with people offering their time and effort to support the Exeter School and help you learn this dynamic Korean Martial Art of self defence. Taekwon-do is a very modern martial art; we often use modern training aids with the most up to date and current exercises and stretching methods. The classes are very challenging but you train at your own pace, if you need a rest then you ask for one, regular drink breaks are also offered throughout the evening as this improves performance, please respect the Instructors and only take such breaks with permission.

So I am interested, what do I do know and how do I join?

Simply download the application form and complete this in full, please don't forget three passport sized photographs otherwise this will delay your application. If you wish to benefit from a free month of training you will need to send your completed application form along with three recent passport photos, a cheque for £30.00 made payable to Exeter Taekwon-do and send this to

Exeter Taekwon-do
60 Sentrays Orchard
Exminster
Exeter
EX6 8UD

Once we receive your licence, you will receive a starter pack confirming your first date for training (usually at the start of the calendar month) the first month is only free upon receipt of the application form and payment. On completion of the first month the monthly training fees are £25.00 per month. We also encourage more family memberships and offer excellent family discounts as the next member of each family only pays an additional £5.00 per month. Therefore if you have two children that wish to train with an adult from the same family (or household) the monthly fees are just £35.00 per month!

The classes will be based around the technical aspects of Taekwon-do, developing physical and mental fitness, stamina and flexibility your own well being will improve by enhancing concentration (especially in children). All of this will increase your own mental awareness, improve confidence and generally make you feel better about yourself and you will have a lot of fun.

So, what are you waiting for....Why haven't you filled in the application form yet?