

Medical Conditions:

Any medical conditions such as a heart condition, diabetes, asthma etc. must be made known to the Instructor before any training commences. If it is deemed necessary, a doctor's note may be required to say you are fit enough to train.

Medical Disorders:

Applicants who suffer from any medical disorder must attach to this form a letter from their doctor confirming that they are fit to practice Taekwondo. Failure to do so may invalidate insurance cover.

Arrival:

Students must be in the dojang 10 minutes before class begins unless prior permission is agreed with the Instructor.

Late Students:

The Martial Art way is to be ready to train but students must wait at the side of the dojang until acknowledged by the Instructor. When the student is invited to join in, first bow and then follow in at the back of the room, noise to be kept to a minimum.

Uniform:

Uniforms must always be clean, pressed and with the belt tied BEFORE entering the dojang.

Student must only wear a Northern Taekwondo uniform. Beginners only can wear sports clothing. You should bow on entry and again when leaving the dojang.

Foot Wear all members must wear taekwondo soft sole training shoes or barefoot during class.

Sparring:

- **Sparring in class** it is light contact with no head/face or below the belt contact. Student must wear :- Shin, arm, Groin guards during light contact sparring. No contact should be made below the belt or above the collar bone.
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- **Competition Sparring Children under 16yrs Medium contact:** No contact above the collar bone or below the belt allowed in Northern Taekwondo clubs. Children must wear same as above and Body armer, Head protection (It is strongly advised that gum shealds and hand gloves are worn)
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- **Competition Full contact Adults:** Student must wear same as above and Body armour, Head protection (It is strongly advised that gum shields and hand gloves are worn)

Licence:

New Beginners must complete beginners form on fist class. A licence must be purchased after 3rd week of training. The Licence once purchased will be back dated to your first class and will need renewing annually.

Renewal licences must be renewed 2 weeks prior to expiry. This is the student responsibility and failure to do this will result in exclusion from the class due to health and safety.

General:

- No jewellery to be worn during training
- Long hair must be tied back
- Fingernails and toenails are to be neatly clipped
- No sweets or chewing gum are to be eaten during training
- Student must wear: - Shin, arm, Groin guards during light contact sparring.
No contact should be made below the belt or above the collar

Only water and isotonic drinks are permitted, preferably in a sports drinks

Grading:

Please see Northern Taekwondo Grading rules.

Taekwondo Oath:

It is important for a student to learn and remember this oath as they may be tested on it during class or at grading. The oath is:

As a student of Taekwondo I do solemnly pledge, to abide by the rules and regulations of the Taekwondo Association. Strive always to be modest courteous and respectful to all members in particular my seniors. Put the art into use for self defence or in defence of the weak, and never to abuse my knowledge of the art