

If you are considering starting Taekwon-Do, the following questions and answers will give you an idea about what is involved.

How old so I have to be?

Taekwon-Do can be taught to the children as young as 6 years old. The class is very lively and the emphasis is learning confidence, self control and discipline. There is no upper age limit as it can be tailored to all age ranges.

What will my first lesson be like?

Well, first of all, there's no need to book. Just turn up at one of the lessons and watch or join in, depending on how you feel. All lessons start with a warm up to ensure that you will not injure yourself. This normally takes the form of some physical exercise and some stretching to loosen off your limbs. This is controlled by an instructor. Once everyone is warmed up, some kicking or punching exercises may take place, this may be followed by technical some self defence techniques, patterns training or sparring. The format of the lessons tends to be fairly fluid, allowing a variety of the aspects involved in Taekwon-Do to be covered.

What should I wear?

Most of the other students will be wearing a white Taekwon-Do dobok, however, beginners need not have a uniform until they are sure that they want to continue with the art. Loose fitting clothing, such as track suit bottom and a t-shirt are ideal. Most beginners wear whatever they are comfortable in. Shoes are generally not worn.

Do I need any equipment?

As with most sports, there is specialist equipment available, depending on the activities undertaken. As a beginner, you do not need any equipment.

Is it dangerous?

No. Students are never taught anything that could injure them, and all training is undertaken by fully insured instructors in a highly controlled environment. Students are taught self control and discipline throughout in order to minimise the chances of dangerous situations developing.

What kind of people do Taekwon-do?

The current school consists of people from all walks of life. The school consists of a wide age range, from primary school children to those in their forties.

Will Taekwon-do help me to get fit?

Yes, training regularly will develop muscle tone and burn calories. Taekwon-Do encourages flexibility and involves aerobic exercise. A typical session will involve exercises that develop the entire body and will raise the pulse rate whilst conditioning the heart and lungs.