



[www.taranakitkd.com](http://www.taranakitkd.com)

### Venue

St Josephs Hall, Calvert Road, New Plymouth

### Class Times

Tuesday 5-30 to 7-00pm

Wednesday 3-30 to 4-30pm (Kids Class)

Thursday 5-30 to 7-00pm

Sunday 2-00 to 3-30pm (Black Belts)

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TARANAKI  
TAEKWON-DO

**The Taranaki TKD** club practices the Chang-Hon style of Taekwon-Do as created by Gen. Choi Hong Hi. We are a very traditional club that has well disciplined but fun classes that is suitable for all ages. The Instructors have a combination of 40 years experience in martial arts and are continuing to improve their knowledge through attending gradings, seminars, courses etc. Our grading syllabus ensures that the student is well versed in all aspects of Taekwon-Do. Through the well disciplined training and the teaching of the tenants of Taekwon-Do (Courtesy, integrity, perseverance, self-control and indomitable spirit) our students develop a sense of confidence, pride and well being.

Throughout the years the club has participated in many community events such as school galas in the way of demonstrations. Self defence classes for various community groups and fund raising events such as the relay for life. With many family groups participating in the club it provides a friendly atmosphere in both training and our social events. If you have ever thought about joining a martial arts club or you have had some experience and are looking for a new club why not come and join us today. You won't be disappointed.



Instructor: Neill Livingstone VI Dan

Mr Livingstone trained under the instruction of Master James Rimmer starting in 1987. On attaining the rank of 1<sup>st</sup> Dan Black Belt Mr Livingstone relocated to New Plymouth and opened the New Plymouth Taekwon-Do club in 1993, which was later renamed Taranaki Taekwon-Do.

### **WHAT IS TAEKWON-DO?**

Taekwon-Do is a version of unarmed combat designed for the purpose of self-defence. It is more than just that, however. It is the scientific use of the body in the method of self-defence; a body that has gained the ultimate use of its facilities through intensive physical and mental training.

Though it is a martial art, its discipline, technique and mental training are the mortar for building a strong sense of justice, fortitude, humility and resolve. It is this mental conditioning that separates the true practitioner from the sensationalist, content with mastering only the fighting aspects of the art.

This is one of the reasons that Taekwon-Do is called an art of self-defence. It also implies a way of thinking and life, particularly in instilling a concept and spirit of strict self-imposed discipline and an ideal of noble moral rearmament.

Translated literally "Tae" stands for jumping or flying, to kick or smash with the foot. "Kwon" denotes the fist-chiefly to punch or destroy with the hand or fist. "Do" means an art or way.

Thus taken collectively "Taekwon-Do" indicates the mental training and the techniques of unarmed combat for self-defence as well as health, involving the skilled application of punches, kicks, blocks and dodges with bare hands and feet to the rapid destruction of the moving opponent or opponents.

Taekwon-Do definitely enables the weak to possess a fine weapon together with confidence to defend him or herself and defeat the opponent as well. Of course, wrongly applied, Taekwon-Do can be a lethal weapon. Therefore mental training must always be stressed to prevent the student from misusing it.

As for women folk, they will undoubtedly find Taekwon-Do an invaluable asset in tackling and driving away "wolves", so to speak. When one is informed of the many instances where frail women effectively protected themselves, they may sound unbelievable. But really, they have been able to do so because they are well versed in the art of self-defence.

Incessant training is essential to keep oneself in top form and physical condition. In training, all the muscles of the human body will be used. From the use of one's muscles, it will be possible to harness all available power generated by every muscular contraction. It will then be necessary to deliver such power to the human target especially to where the most vulnerable points or vital spots of one's opponent are located, in particular when the opponent is in motion. At this point it is necessary to remind the students of Taekwon-Do that this art of self-defence is specially designed for swift retaliation against the moving aggressor.

Hours spent on training will not be wasted; for surely you will reap a rich reward in the form of speedy reactions and deadly blows to rain down upon your enemy or in any case to save life if and when a need arises. Even if Taekwon-Do is practiced for the sake of exercise alone, the enjoyment derived will justify the time invested and spent. As an exercise, it is equally suitable for the old and young, male and female.

# Taekwon-Do Fees

## Training Fees

Single: \$40 month

Family of 2: \$60 month

Family of 3 or more: \$70 month

Training fees are to be paid by automatic payment only and are to be deposited on the 1<sup>st</sup> of each month

*Taranaki Savings Bank: 15 3949 0350684 00*

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## Grading Fees

Single: \$45

Family of 2: \$80

Family of 3 or more: \$100

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## Dobok (Uniform)

For the beginning student a dobok is not essential however you will need one if you wish to grade. We do encourage students to get a dobok as soon as financially possible as it helps with the integration into the class.

Doboks: All sizes \$100

**Note: Uniforms must be paid for at the time of order.**

Top Pro ITF Approved Elite Dobok



## STUDENT DETAILS

This form is to be returned with the correct joining fee and conformation that the automatic payment for training fees has been activated.

### PLEASE PRINT

Make sure we can read your writing especially your email address

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Medical Condition: \_\_\_\_\_

Signature: \_\_\_\_\_ Date \_\_\_\_\_

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