



New Members Information Pack





NEW STARTER FORM



CHECKLIST

Have you been given a **Membership Form** to complete?

Have you been told when the Instructor will require this form?

HEALTH ASSESSMENT

Have you made the Instructor aware of any health problems you may have e.g. asthma, back / joint problems?

HEALTH RISK – TAEKWONDO

Has the Instructor explained the types of exercises including stretching that you will participate in?

Has the Instructor advised you of the level of physical fitness required?

Do you know who to alert if you have difficulties with any techniques?

HEALTH & SAFETY ADVICE

I understand that Taekwondo involves a certain amount of physical contact and fitness, including rigorous warm up sessions.

ADEQUATE SUPERVISION

I understand that a senior grade will observe me during training.

PHOTOGRAPHY

The club may occasional use photography and videoing to assist with training and to support publicity and marketing. If you consent to photography and videoing, please tick the box.

DECLARATION

Name 1

Name 2

Signature

Date

(Parent or Guardian if under 18)

Emergency Contact Number

Email Address

DATA PROTECTION

Your information will be used by Bluewave Korean Martial Arts and British Taekwondo for providing membership services and insurance purposes. We take your security and privacy seriously and all handling will be strictly in accordance with the requirements of the General Data Protection Regulations.

The Bluewave Korean Martial Arts Privacy Policy can be accessed at <http://bluewave.org.uk/images/Documents/Bluewave-Data-Privacy-Statement-GDPR.pdf>

The British Taekwondo Privacy Policy can be accessed at <http://www.britishtaekwondo.org.uk/wp-content/uploads/2014/12/Privacy-Notice.pdf>.



New Member's Information Sheet

Last updated: 8th January 2022

On behalf of the Bluewave Korean Martial Arts Coaches and Club Members I would like to welcome you, or your children, to our club. It is our aim to provide you with the very best training in all aspects of the Korean Martial Art and Olympic Sport of Taekwondo.

We aim to provide a challenging and fun training experience for all ages from 4 upwards. Our classes are structured to use age specific coaching to help you reach your full potential and to enjoy the journey.

I hope the information below helps you, however, please do check out the website, www.bluewave.org.uk, for the latest information on classes and events, and follow us on Facebook (Bluewave Korean Martial Arts).

Master Gerry Reilly

Introduction

The club was founded in Overton in 1997, establishing its first classes in Basingstoke two years later. From modest beginnings, the club has grown to approximately 150 members of varying ages and grades. The club is operated as a not-for-profit organisation, all our coaches are volunteers, so all fees go into further developing our facilities and equipment.

The club is a member of British Taekwondo, the official UK Member National Association of World Taekwondo. Through our affiliations, members have access to seminars, training courses and tournaments from local level up to the WT World Championships and the Olympics. The club also maintains active links with the oldest school of Taekwondo in Korea, the Chungdokwan, and this provides opportunities to train with some of the most senior Taekwondo coaches in the world both when they visit the UK as well as in Korea.

All classes are held in our own dedicated facility in Basingstoke. Classes cover all aspects of Taekwondo including traditional martial arts training, self-defence and the competitive disciplines of both sparring (kyorugi) and patterns (poomsae). You can find the technical information related to training and our syllabus in the club handbook which can be downloaded from www.bluewave.org.uk.

The club has a team of registered coaches ranging in grade from 1st to 7th Dan Black Belt. All of our classes are led by coaches holding a minimum rank of 4th Dan and each of them have completed a British Taekwondo Coaching Course, Child Protection and Safeguarding Training and hold a current enhanced DBS clearance. Our coaching team are committed to the development of all our members as well as their own personal development through regular courses and active participation in the British Taekwondo Coach Development Programmes.

Training Programmes

KickStars: 4-6 Year Olds

Bluewave has run specialist classes for our youngest students for many years. These classes focus on developing the key ABC skills; agility, balance and coordination that are needed for a strong foundation in Taekwondo.

The KickStars™ programme is specifically designed to provide a structured but still fun approach for introducing Taekwondo to this age group. Classes are taught using specialist qualified coaches delivering to a consistent syllabus using coaching activities that are age appropriate, fun and safe. The aim of the programme is to ensure that those in the KickStars™ programme get the very best foundation to aid progression in the dynamic Martial Art and Olympic Sport of Taekwondo.

The classes are a mix of Taekwondo drills, multi-skill activities and games. We introduce the basics for all aspects of the Korean Martial Art and Sport of Taekwondo. The classes are taught as small groups to ensure excellent supervision and so plenty of individual attention can be provided. The structured approach also helps with the development of concentration and discipline while retaining the fun element vital for this age.



Following the format introduced by British Taekwondo, Bluewave have adopted the striped belt system for children in the KickStars™ programme. Through the in-class gradings, the students can progress through the various coloured stripes, starting at orange, moving through green, purple, blue, red, brown, black and finishing at yellow tag which is the first step on the regular grading syllabus; at this point the children should be ready to move into Bluewave's regular Taekwondo classes for juniors.

With the structured programme of development through the classes, and the establishment of targets together with the celebration and acknowledgement of achievement through the striped belts, the children will have set the foundations for their progression in Taekwondo.

Juniors: 7 – 12 Year Olds

Our junior classes provide a varied approach with a friendly, structured and most importantly fun environment. A typical 60-minute class will consist of a dynamic warm up, focused work on 2 or 3 aspects of Taekwondo which will vary session by session, followed by up a cool down. The junior classes have a focus on developing all aspects of Taekwondo including work to improve agility, coordination, and flexibility. Our structured approach allows us to fully develop all our junior students at their own pace but to their full ability.

The club's syllabus covers traditional technical martial arts skills, self-defence, and sport. We are first and foremost a martial arts club rather than a pure competitive club - though there are plenty of opportunities to compete if you or your child wants to. Our syllabus is challenging as our aim is to develop martial artists who will have strong and rounded skills in all aspects of Taekwondo.

Teens and Adults: 12+

We welcome teen and adult beginners as well as those who have trained in the martial arts previously. Our teen and adult classes are structured to provide a varied approach with a friendly and relaxed environment suited to adult learning. A typical 90-minute class will consist of a dynamic warm up, focused work on 2 or 3 aspects of Taekwondo which will vary session by session, followed by a cool down. The adult classes have a higher level of focus on self-defence and patterns (poomsae) than the junior classes as well as including more periods of self-directed practice.

Competition Training

Bluewave provides the opportunity to compete in either Sparring or Poomsae at all levels from local to national class. For those with the talent and commitment this can bring the chance to go to the very highest levels. Members of the club have won medals at the British Taekwondo National Sparring Championships and the British Taekwondo National Poomsae Championships. The club runs regular training for those interested in competing in either Sparring or Poomsae.

Kyorugi (Sparring)

Monthly, normally on the 2nd Saturday of the month from 12.30-2.30pm at our VBC Dojang. Please check the calendar for dates.



Focused on Sport Taekwondo, open to all grades and ages. Those attending this class are also expected to be training in other regular class to ensure they have time to also work on their technical development.

The training consists of Sport Taekwondo specific training drills, strength and conditioning exercises and match practice. Bluewave has available for this training the very latest World Taekwondo scoring equipment including the KP&P Electronic Body Protectors and Head Guards. These sessions are taught by Master Jonny Hainsworth.

Poomsae (Patterns)



Monthly, normally on the 1st Saturday of the month from 12.30-3.30pm at our VBC Dojang. Please check the calendar for dates.

This is intended to prepare for Poomsae competition both solo and synchronised. The class are focused on achieving competition standard and is not a replacement for working on your grading Poomsae in regular classes. The sessions are taught by Master Coleen Reilly.

Fees

The training fees are:

Juniors aged 12+ and Adults	One class per week	£27 per month
	Unlimited classes	£38 per month
Juniors under 12	One class per week	£22 per month
	Unlimited classes	£33 per month

Your annual British Taekwondo membership fee, which includes insurance, is included within the training fee. This will be renewed annually as long as you remain an active member of the club. Our training fee structure is calculated based on 48 weeks of training per year as typically the club takes a short break during the summer, and we also close over the Christmas/New Year period.

Discounted fees are available for families. If a family is training once a week, the second family member receives a £5/month discount and for unlimited classes the discount is £10/month. For the third and subsequent family member there is a 50% discount. For families where some are training once a week and others on unlimited classes, please talk to a coach who will help you calculate the discount.

We have maintained training fees at the same level since 2014. Our focus is on providing excellent training at affordable fees for all.

Progress Assessment

You will have an assigned coach which will typically be the coach of the classes which you train in most often. The assigned coach will be responsible for assessing progress and deciding whether you are ready to grade for your next belt. Gradings are held approximately every three months for kup (coloured belt) grades and twice a year for those black belt grades. Eligibility to grade is based on progress, attendance, attitude, and behaviour.

For KickStars™ gradings the fee is £10 and for regular kup gradings the fee of £20. This applies to all grades from white belt/10th kup up to black tag/1st kup. Details of the current fees for black belt gradings are available upon request.

When in the opinion of their coach, a member is ready to grade they will be issued with an invitation letter with the details of the next grading.

Vickers Business Centre (VBC) Dojang

All classes operate from our own dedicated premises, Unit 3A, Vickers Business Centre. This facility is also used for competition training, gradings and various special events.

Parking: please park in the car park behind Vickers House. Please do not park in the spaces immediately in front of the Dojang as these are not our parking spaces.

Changing: changing rooms are available. You may arrive either already changed or use these facilities. However, please ensure coats and shoes are removed before entering the Dojang. Parents are not permitted to enter the changing rooms to assist juniors with changing.

Shoes: all students and visitors are to remove shoes on arrival and place them on the racks. Shoes are not to be worn on the mats under any circumstance.

Clean & Tidy: this is our own facility. It is the responsibility of everyone to keep the dojang tidy and to avoid damaging it. This will minimise the time that the coaches need to spend on keeping our excellent facility running.

Juniors: To help ensure the safety of our younger members, all juniors under 12 must be dropped off and collected from inside the dojang. They should not be dropped at the car park, nor will they be allowed to leave except with a responsible adult. Juniors aged 12-15 will be permitted to make their own way.

Class Schedule

Mondays	6.00 – 7.00pm Master Gerry Reilly	General children's class for all grade juniors aged 7 to 12
	7.15 – 8.45pm Master Coleen Reilly	General class for all grade adults and juniors aged 12+
	8.45 – 9.15pm Master Coleen Reilly	Stretching and Flexibility class suitable for all ages/grades
Thursdays	6.00 – 7.00pm Master Gerry Reilly	General children's class for all grade juniors aged 7 to 12
	7.15 – 8.45pm Master Sian Reilly	General class for all grade adults and juniors aged 12+
	8.45 – 9.15pm Master Gerry Reilly	Dan grade poomsae training, open to 1 st dan black belt and above
Fridays	5.00 – 5.45pm Master Lynne Firth	Introductory KickStars class for juniors aged 4 to 6
	6.00 – 7.00pm Master Lynne Firth	General children's class for all grade juniors aged 7 to 12
	7.15 – 8.15pm Master Gerry Reilly	Technical class for all ages (7+) / Green Belt and above
Saturdays	10.30 – 11.30am Master Lynne Firth	General class for all ages (7+) / all grades
Sundays	4.00 – 5.00pm Master Gerry Reilly	Sport Taekwondo class for all ages (7+) / all grades
	5.00 – 6.00pm Master Gerry Reilly	General class for all ages (7+) / all grades

Uniform and Equipment

You will not need any specific equipment to start your training in Taekwondo. However, before taking your first grading, you will need to have a World Taekwondo (WT) style Taekwondo uniform known as a dobok. These can be purchased through the club at competitive prices or online from many suppliers. If you decide to purchase from a supplier other than the club, please be aware that the uniform must have a white v-neck (not black or coloured) and not have stripes on the shoulders or legs and must be from a World Taekwondo approved brand.

Once you have reached Yellow Belt, you will also need to purchase WT approved arm and shin guards for your personal protection during contact training. As with the uniform, these can be purchased through the club or from various outlets online. However, if you do not purchase through the club, please check that the equipment being bought is WT approved.

Safeguarding and Child Protection

Issues around child protection are increasingly important in all aspects of life. As members of British Taekwondo, the club is required to ensure that all coaches hold DBS clearance and undergo regular training on Safeguarding and Child Protection. The club's Safeguarding and Child Protection Policy can be found on our website. The club's nominated Welfare Officers is Sian Reilly. She can be contacted on welfare@bluewave.org.uk.

Data Protection and Privacy

The club takes the privacy of our members data seriously and you can be assured that we will always comply with GDPR and best practices. The club's data privacy policy can be download from:

<http://http://bluewave.org.uk/images/Documents/Bluewave-Data-Privary-Statement-GDPR.pdf>

Photography and Video Recording

Bluewave follows the guidance of British Taekwondo on the use of images of children. Bluewave will use these images solely for the promotion and celebration of the activities of the club and to assist in providing instructional feedback to students.

If you become aware that images are being used inappropriately you should email the club's welfare officer immediately on welfare@bluewave.org.uk.

The club requires that explicit consent to be given by each member for photography and video recording. If you feel you are unable to provide this consent, we encourage you to discuss your concerns in confidence with the coaches, so we can see if appropriate measures can be put in place to address your concerns. However, if consent cannot be provided, you should be aware that this may result in the club having to restrict the events in which you or your child can participate as we cannot control photography and video recording at events such as tournaments and seminars.

The club does not permit photography or video recording of classes or gradings without the prior written consent.

Concerns, Issues and Questions

If anytime you have any questions or concerns, please speak to one of the club's coaches, or send an email to info@bluewave.org.uk, or call me on 0800 860 0043. We are committed to treating any issues or concerns promptly and to try to ensure all our members have an excellent experience training in Taekwondo with Bluewave.



INDIVIDUAL MEMBERSHIP APPLICATION FORM



MEMBER INFORMATION

Forenames			
Surname			
Address			
Address			
Town/City		Postcode	
Home Telephone		Ex Directory	YES / NO
Mobile			
Email			
Date of Birth		Gender	Male / Female
Nationality			

MEDICAL INFORMATION

Please briefly describe any medical conditions or disabilities that you think we should be aware of to allow us to better support your training in Taekwondo. All information provided will be treated in strict confidence.

DECLARATION

I acknowledge that I have been informed of the potential risks of practising Taekwondo. I apply for membership and agree to comply with the rules and regulations of Bluewave Korean Martial Arts and British Taekwondo.

Signature

(Parent or Guardian if under 18)

Date

DATA PROTECTION

Your information will be used by Bluewave Korean Martial Arts and British Taekwondo for providing membership services and insurance purposes. We take your security and privacy seriously and all handling will be strictly in accordance with the requirements of the General Data Protection Regulations.

The Bluewave Korean Martial Arts Privacy Policy can be accessed at
<http://http://bluewave.org.uk/images/Documents/Bluewave-Data-Privacy-Statement-GDPR.pdf>

The British Taekwondo Privacy Policy can be accessed at
<http://www.britishtaekwondo.org.uk/wp-content/uploads/2014/12/Privacy-Notice.pdf>.



**MEMBERSHIP AND TRAINING FEES
STANDING ORDER FORM**



PRE-AUTHORISED PAYMENT INSTRUCTIONS

Please complete all boxes below and return to the class instructor.

To _____ Bank plc (branch title only) _____ Branch	
Branch Address	
Sort Code	<input type="text"/> <input type="text"/> - <input type="text"/> <input type="text"/> - <input type="text"/> <input type="text"/>
Account Name	
Account Number	Date __/__/____
Your Contact Telephone Number	

New Standing Order Instructions

Beneficiary Reference	
Beneficiary Sort Code	<input type="text"/> 4 <input type="text"/> 0 - <input type="text"/> 0 <input type="text"/> 9 - <input type="text"/> 2 <input type="text"/> 6
Beneficiary Account Number	02020017
Name of Beneficiary	BLUEWAVE KOREAN MARTIAL ARTS LLP
Amount	£ Per month
Date of FIRST Payment	__/__/____
Date of FINAL Payment	Until Further Notice
Due date and frequency of payments	Monthly on the 1 st / 15 th of the month (delete as appropriate)
Signatures	

This instruction cancels all previous Standing Orders to "Bluewave Korean Martial Arts LLP"