

# BBTA



## TAEKWONDO

- Hobby with a difference
- Personal development
- The art & history
- Tournaments
- Self defence
- Confidence
- Flexibility
- Fitness...

**What's your reason  
for joining?**



[www.blackbeltcentre.co.uk](http://www.blackbeltcentre.co.uk)

01295 750462

## Is Tae Kwon Do for you?

Not sure? Well, give it a try with a free lesson! It is a superb form of self-defence and an excellent way of getting fit and gaining self-confidence. It is suitable for men, women and children.

# FREE LESSON VOUCHER



## The new beginner

- You will train initially once a week in a class suitable for beginners
- You don't need special clothing to start, just wear something loose and comfortable.

## Junior curriculum

- Our BBTA Junior (Tigers) programme is based around 45 minute character building sessions
- We focus on improving children's basic motor and listening skills, whilst also teaching basic Tae Kwon-Do
- Junior classes teach teamwork, co-ordination, stranger danger, courtesy & respect, discipline, perseverance and self-confidence
- It can give enough self-confidence to overcome bullying without having to resort to violence
- Our programme will enhance positive behaviour in a fun and motivational way. BBTA Juniors learn how to work with others and follow directions from their Instructor. They will become better students at school, better listeners at home and self-motivated in the future.



[www.blackbeltcentre.co.uk](http://www.blackbeltcentre.co.uk)

## Things you need to know

- Fees are paid monthly (**termly after school clubs**) by Direct Debit
- A Martial Arts licence is required
- We have no joining or enrolment fees.
- We assure you of your safety
- We are registered with Milton Keynes Council Registration Scheme, operate with a child protection policy and are qualified in child protection and good practice
- We are checked for and have in place:
  - DBS Enhanced checks
  - Insurance for public and product liability with additional cover for each student
  - first aid & Child protection certification
  - Club's finances are regularly audited.

## Free Tae Kwon Do Student Handbook worth £6



[BLACKBELTCENTRE.CO.UK](http://BLACKBELTCENTRE.CO.UK)

**BBTA**  
TAEKWONDO  
ACADEMY



태  
권  
도

Pattern Interpretations  
Korean Terminology  
Tae Kwon Do History and Trivia  
Set Sparring  
Stance, Feet and Hand Position Diagrams

This is packed with all the information you need to progress from beginner to **BLACK BELT**. Including all the practical moves, kicks, including the full BBTA syllabus.

\* Free handbook when you invite a friend who signs up for membership!

# Tae Kwon Do Tigers

## Martial Arts for

Cubs 4-7 years

Tigers 8-11 years

There is significant pressure to take your children to as many after-school clubs as possible.

So how about opting for a sport where your child can influence their progress purely through their own INDIVIDUAL effort, where their success is measured tangibly- with clearly set out goals?

Many parents have no idea about martial arts and the benefits it could bring, although certainly on a physical level it delivers on the 4 S's - Suppleness, Stamina, Strength and Speed. In fact, **TKD stands out as a sport that develops the child not just physically but holistically!**

**Give your child a great start in life with skills and values that will remain with them forever!**

[www.blackbeltcentre.co.uk](http://www.blackbeltcentre.co.uk)



# **Safety awareness – Martial Arts**

## **After school activity with Tae Kwon Do Tigers**

Ensuring kids get enough exercise is harder than it would seem PlayStation, X-Box and TV have taken centre stage in their lives because they are exciting. These days, kids are not always able to ride bikes or wander off to the playing fields as freely as we would like.

**We have a solution...** Tae Kwon Do (TKD for short) is a sports based martial art that is great fun and interesting for kids, in fact, you could say it is the Nintendo Wii equivalent of exercise!

### **Kids enjoy TKD**

- Learn a traditional martial art in a safe and secure environment  
Exercise at their own pace  
building fitness quickly
- Build self-confidence which can help overcome bullying and exclusion problems
- Kick and punch safety pads, which is GREAT fun and it actually has a calming influence!
- Improve discipline, courtesy and concentration, helping in academic studies
- Make new friends and learn to work as a team, building organisation and social skills.



**Long established classes in many areas including:**

**Milton Keynes - Banbury - Aylesbury - Buckingham**

**See website for full details [www.blackbeltcentre.co.uk](http://www.blackbeltcentre.co.uk)**

**Also in - Warwickshire - Northants - Oxfordshire**

**01295 750462**

## **Welcome**

**In this leaflet are a few useful facts about Tae Kwon-Do and its benefits. If you have any queries or questions not covered here, then please contact myself or come along to one of our clubs and ask any of our many Black Belt members.**



## **The Chief instructor & Examiner**

**Phil Thomas, 6th Degree Black Belt, started training at Warwick Tae Kwon-Do School in November 1973 and has never looked back since. Phil's first instructor was Mr Bob Howe, he was the first Tae Kwon-Do Black Belt in the U.K.**

**Awarded Instructor of the year on 3 separate occasions, Phil has devoted his life to teaching Tae Kwon-Do to hundreds if not thousands of students. He is an International Instructor and a class A referee. He has personally tutored over 150 Black Belts up to the high rank of 5th Degree, and has coached many British, Scottish, Welsh and Irish Champions.**

## **Fitness, sport, self-defence and fun**

- You do not have to be fit to start but in a short time you will increase your fitness, speed and power at a pace that suits you.
- You start in a class suitable for beginners with step-by-step instruction.
- We place great emphasis on a relaxed enjoyable and fun training session.
- Your first lesson is free with no further obligation.

**Join us TODAY! have everything to gain and nothing to lose!**

**[www.blackbeltcentre.co.uk](http://www.blackbeltcentre.co.uk)**

# B.B.T.A. Taekwondo

*Taekwondo is known for its kicking, distinguishing it from other martial arts. The leg is the longest and strongest part of the body, so kicks have the greatest potential to execute powerful strikes in self-defence*

**Taekwondo is both a martial art and a popular sport with people of all ages and genders.**

Taekwondo develops strength, speed, balance, flexibility and confidence! We promote courtesy, integrity, perseverance and self control. Taekwondo is perfect for teaching children social skills and also helps to overcome situations where bullying is a problem. Taekwondo promotes self improvement through its activities. The benefits are life changing! which can be maintained through your life journey!



## **You and your body.**

Taekwondo will without doubt improve your fitness.

However it is not an endurance sport like long distance running.

Taekwondo is so varied and fun, you probably wont even realise you're getting fitter. Unlike many sports, you get fitter at a pace that suits you and as you get stronger, you will be able to do even more!

We teach you to stretch properly and safely, which will improve your flexibility, this is important not just for Taekwondo but for normal day to day activities!

## **The Benefits**

- \* Clear sense of self belief as confidence grows
- \* Better understanding of 'what I put in, I get out'
- \* More likely to push yourself out of comfort zone
- \* Respect - Teamwork – Calmer – Self Control - **STRESS RELIEF**
- \* Ability to perform under pressure (eg :Job interviews or exam conditions)
- \* Confidence in your ability - without having to resort to violence, employing conflict resolution strategies taught at all of our schools

# Tae Kwon Do for children

Your children will receive safe instruction, they'll become more confident which allows them to overcome bullying and champion right from wrong for themselves and others. Don't believe us? Come along to our classes and ask any of the parents whose children we teach!



## Tae Kwon Do for women... and men!

It's a martial art for both sexes - young and old. You will get fit in a more interesting way than just plodding along on the treadmill... you will also learn some simple, effective ways to defend yourself,

**Today's world is not always a friendly place! Provide you and your loved ones with the skills, security and confidence they will need for a happy, successful and peaceful future**

[www.blackbeltcentre.co.uk](http://www.blackbeltcentre.co.uk)  
[office.bbta@gmail.com](mailto:office.bbta@gmail.com)

