

Welcome Pack



Annabel Murcott Schools of Tae Kwon Do
6th Degree Master
Multi World Champion
T.A.G.B Senior Instructor





New Starter Information

New Starter Info

Hi, welcome to the Annabel Murcott Schools of Taekwondo, this could be the start of a very exciting new venture in your life.

As with everything in life you will get out what you put in, the harder & more you train the fitter you will become & pick things up a little quicker. However we do recommend that you take it easy when you first start. For those of you not used to physical exercise what might seem easy on the night, will remind you in the morning it wasn't as easy as you thought.

Take everything at a slower steady pace & don't try to keep up with those that have been here a while.

So what happens now?

If you have enjoyed your first lesson & would like to continue with us, then please ensure you have filled in your Insurance form and handed it back to your Instructor.

You don't need any special clothing when you first start, just something loose and comfy, also a good idea to bring some water to each lesson.

My First Grading (Exam)

Well once you have been with us a few months, you should be eligible for your first Grading, this will take you to Yellow Stripe if you pass. As a 6th Degree Master, Annabel is qualified to Grade her own Students, however she is very proud of the fact that 9th Degree Grand Master David Oliver, comes along every three months & takes the Gradings. This ensures that not only as Students you can be assured that we are teaching to high standards, but also as parents, your child is being given the best tuition possible.

The Grading consists of learning your Four Directional Punching (Saja Jirugi pt1 & 2) along with a set of moves up and down, consisting of defending & attacking techniques, as well as a few words in Korean & English.

What do I need for my first Grading?

- Purchased your Licence/Insurance. (From your Instructor)
- Obtained a T.A.G.B. Suit (Dobok)
- Set up your standing order for your monthly subs
- Paid your Grading fee
- Handed in 3 passport sized photos
- Learned your terminology (These are asked the week prior to your Grading, not on the day)

***Good luck & enjoy the journey
Remember ALL Black Belts were once a white Belt, like you.....***



Bourne - Market Deeping - Werrington - Thurlby - Stanground - Yaxley - Hampton - Billingborough

Annabel Murcott 6th Dan - Tel: 01780 410609 | Mob: 07714 323 995 | Email: info@annabelmurcott.com

Web: www.annabelmurcott.com | Facebook: Annabel-Murcott-Schools-of-Tae-Kwon-Do

Welfare Officer - Dale Pollard 4th Dan | Tel: 07921 264 909



Your Instructor

Getting to know your instructor...

Annabel Murcott... The T.A.G.B`s first female 6th Degree Master Representing GB in the World TKD Hall of Fame

Annabel has been training for over 32yrs & gained her black belt at the age of 15. She first started to compete at yellow tag, only three Months into her training, in those days it was very different as not many divisions & the Girls had to fight the boys, this certainly gave her a kick-start into the world of competing.

Even before Annabel had gained her black belt she had won numerous competitions and was British, English, Scottish & Welsh champion for many consecutive years.

On gaining her black belt Annabel was chosen to fight in the W.A.K.O. Championships in London. (World All-style's kickboxing organisation)
She should have been 16 years of age to enter but was only 15, little did she know when entering she was to become the youngest ever WAKO Champion. This automatically gave her a place in the England team to fight abroad & represent her country, however due to her age she was not allowed to compete. This in no way stopped her, as only a few months later on becoming of age she represented her country on many occasions at home and abroad.

Annabel has many cherished memories in her long career, but one that stands out is her Bronze Medal she gained in the 1994 in the World Championships, made special as she was the only female in her division from the UK to get through to the finals.

Annabel first opened her club in 1993 & has never looked back, in that time she has coached many students to become World, European and National Gold medal winners.

In 2002 Annabel was presenting with a Bronze Samurai statue by 9th Dan Grand Master David Oliver for her outstanding achievements & dedication.

Along with her husband Dale a 4th Degree black belt, they now run some of the Largest Martial Art clubs in the area. As well as teaching six nights a week & refereeing on Sundays at competitions around the country, they also teach Martial Arts and self defence in local schools during the day time.

So you can see that Taekwondo is not just a sport but a way of life.

A list of some of Annabel's achievements is available to view on our website from 1984 – the present day.



Bourne - Market Deeping - Werrington - Thurlby - Stanground - Yaxley - Hampton - Billingborough

Annabel Murcott 6th Dan - Tel: 01780 410609 | Mob: 07714 323 995 | Email: info@annabelmurcott.com

Web: www.annabelmurcott.com | Facebook: Annabel-Murcott-Schools-of-Tae-Kwon-Do

Welfare Officer - Dale Pollard 4th Dan | Tel: 07921 264 909



About T.A.G.B

The Tae Kwon Do Association of Great Britain (TAGB)

The Tae Kwon Do Association of Great Britain (TAGB) is a nationally recognised Tae Kwon Do organisation. It was formed in 1983 and has since become the founding member of the British Tae Kwon Do Council (BTC) which is recognised by the United Kingdom Sports Council.

TAGB instructors are highly qualified, accredited individuals with many years' experience in teaching mixed classes which often include young children and disability groups.

Training in Tae Kwon Do can start at any age.

TAGB members start as young as five and recently one of our members gained his fifth dan black belt on his 70th birthday!

Because of its high-kicking, fast-paced style Tae Kwon Do is a thoroughly modern way of getting fit. The TAGB is a great advocate of fun and fitness at an early age and TAGB instructors often work with local schools to teach self-defence.

As the largest martial arts organisation in the world the TAGB has over 25,000 accredited members, 600 schools, and organises seminars with World Masters, demonstrations, and national, regional and international championships every month of the year.

The TAGB is not just concerned with its own development, this is why it has played a leading role in the reunification of British Tae Kwon-Do into one body. In 1988, the TAGB helped found the British Tae Kwon-Do Council (BTC), this being the only governing body of Tae Kwon-Do to be recognised by the Sports Council. The TAGB also helped found Tae Kwon-Do International, the object of which is to bring together Tae Kwon-Do practitioners throughout the World.

Tae Kwon-Do International is non-political and it doesn't attempt to dictate to member countries how they must run their affairs.

Since its foundation in 1993, Tae Kwon-Do International has grown to become one of the biggest World Tae Kwon-Do bodies.

Its World Championships are amongst the largest and best organised and it draws its participation from every contingent.

Tae Kwon Do training is about learning to discipline your mind as well as your body and TAGB instructors always include elements in their teaching which help their students to develop mentally as well as physically. With schools throughout the country the TAGB is the ideal organisation for learning a martial art that has evolved through a 3,000 year history to become the newest Olympic Sport.

Visit: <http://www.tagb.biz>



Bourne - Market Deeping - Werrington - Thurlby - Stanground - Yaxley - Hampton - Billingborough

Annabel Murcott 6th Dan - Tel: 01780 410609 | Mob: 07714 323 995 | Email: info@annabelmurcott.com

Web: www.annabelmurcott.com | Facebook: Annabel-Murcott-Schools-of-Tae-Kwon-Do

Welfare Officer - Dale Pollard 4th Dan | Tel: 07921 264 909



Club Rules & Regulations

Club Rules & Regulations

THE INSTRUCTOR HAS THE RIGHT TO REFUSE INSTRUCTION TO ANY INDIVIDUAL AT HIS/HER DISCRETION.

1. Always bow to your Instructor and when entering and leaving the Dojang (training area). Always refer to Instructors as Sir, Miss or Ma`am. This is to show your respect and to symbolize your modesty.
2. Never enter or leave the lesson without permission from your instructor.
3. All students should be courteous and understanding. Senior students are expected to set a good example to new students.
4. Loud conversation, laughing in excess and chewing gum have no place in a Tae Kwon-Do school.
5. Your Dobok (uniform) must be clean and tidy at all times.
6. Any substitute Instructor should be treated as your regular Instructor.
7. Do not demonstrate or teach Tae Kwon-Do without the approval/permission of your Instructor.
8. Do not engage in any activity that is against the five tenets of Tae Kwon-Do, or that may harm the reputation of your school.
9. You must train with your Instructor at your registered school on a regular basis.
10. You must hand your licence book into your Instructor prior to each grading.
11. Only Senior Instructors are permitted to approach the media. **No** individual media coverage is allowed without prior permission from your Instructor.
12. Parents/Guardians are not permitted in the training Hall during lessons, without prior permission from the Instructor.
13. Your Licence is **your** responsibility, this must be renewed annually in the month prior to it expiring.
14. Only T.A.G.B. Safety equipment & training suits are permitted.
15. All training fees to be paid on time
16. Any grievances, to be taken up with your instructor after the class, in a polite respectful manner.



Bourne - Market Deeping - Werrington - Thurlby - Stanground - Yaxley - Hampton - Billingborough

Annabel Murcott 6th Dan - Tel: 01780 410609 | Mob: 07714 323 995 | Email: info@annabelmurcott.com

Web: www.annabelmurcott.com | Facebook: Annabel-Murcott-Schools-of-Tae-Kwon-Do

Welfare Officer - Dale Pollard 4th Dan | Tel: 07921 264 909



FAQ's

Q Where do I get the uniforms from & do I need one straight away?

A All uniforms and equipment may be purchased through your Instructor, however you can get it from where you like, as long as it is T.A.G.B. approved, you don't need a Suit until your first exam (Grading).

Q Why do I need an Insurance/Licence?

A In short, we are a professional organisation, the safety of every student is paramount, whilst every effort is made to ensure that safety, as with any contact sport accidents are inevitable.

Q How often must I train?

A We always recommend that once a week is adequate when you first start, however the more you train the quicker you will pick things up. Once you get to Green belt, about a year down the line, then we do advise twice a week is better for you, as training does get a little harder & has more to remember.

Q Do we have to Grade?

A We don't make you, but if you wish to go through the belt system & achieve the next level, grading is the only way. This will be at the Instructors discretion & if you wish to.

Q Can we skip a Grade or fastrack?

A No, every student must do the allocated time between Gradings.

Q Are the exams easier for juniors than Adults?

A No regardless of age, all students do exactly the same exam. This consists of learning not only their moves for each exam, but also the Korean terminology & history. This is what sets us apart from more diluted forms of Martial Art.

Q Why cant parents/Guardians watch the class?

A Firstly we would need bigger halls to get everyone in, this would cost more & have to be added to your subs. Also younger children concentrate more if parents are not there. The whole idea is to build confidence and make new friends. We do however encourage you to watch the first couple of lessons to let you meet the instructors.

For any further info please feel free to ask your Instructor



Bourne - Market Deeping - Werrington - Thurlby - Stanground - Yaxley - Hampton - Billingborough

Annabel Murcott 6th Dan - Tel: 01780 410609 | Mob: 07714 323 995 | Email: info@annabelmurcott.com

Web: www.annabelmurcott.com | Facebook: Annabel-Murcott-Schools-of-Tae-Kwon-Do

Welfare Officer - Dale Pollard 4th Dan | Tel: 07921 264 909



Assistant Instructors

Our Assistant Instructors

We are very proud of all our Assistant Instructors, most of which are professional people from all walks of life. They are CRB/DBS & First Aid Certified & all past the relevant qualifications as set by the BTC to teach Tae Kwon Do.

These individuals are all willing to give up their time to pass on their knowledge, promote our Art and ensure the safe welfare of all our students. The success we have achieved over the past years is truly down to the outstanding dedication of the team we have behind us.

These individuals (too many to name), take charge in our absence & should receive the same courtesy as you would give your Instructor.

Gerald (Gez) Earth 4th Dan

Along with his wife Tina, herself a 4th Dan, they run the Billingborough Club for us on a Monday & Thursday. A friendly family Club with a great atmosphere, all due to the dedication of a good husband and wife team.

Dave Salmon 5th Dan

Dave runs our Stanground club for us on a Thursday, this class is open to all Grades & ages & is once again a credit to a very dedicated Instructor.



Bourne - Market Deeping - Werrington - Thurlby - Stanground - Yaxley - Hampton - Billingborough

Annabel Murcott 6th Dan - Tel: 01780 410609 | Mob: 07714 323 995 | Email: info@annabelmurcott.com

Web: www.annabelmurcott.com | Facebook: Annabel-Murcott-Schools-of-Tae-Kwon-Do

Welfare Officer - Dale Pollard 4th Dan | Tel: 07921 264 909



Programmes & Activities

Our sporting programmes & activities

As well as our normal Tae Kwon Do classes we offer a varied range of Fun Days & sports weeks for juniors.

Fun days

One day a week during half term, we have a fun day from 10am-4pm in varied locations. This day consists of a whole day of sporting activities. The idea is to bring children together from different clubs to make new friends & have a great time. Numbers are limited and sell out every time.

Fun sports week

A whole week of sporting activities during the summer holidays, we have outside coaches from different sports come along, this allows children to try out other sports as well as have a great time with new friends. Once again in varied locations each year as our clubs run from Billingborough to Yaxley. They are from Monday to Friday 10am-4pm the same as the fun day & the children get to go home at night, they can come for the whole week or just on a daily basis. Once again limited numbers & sell out fast.

Family weekend get together

Once a year we try and get a group booking on a holiday camp somewhere, to allow us all to let our hair down and get to know each other a little better for a weekend. Many memories have been made on these weekends & are what club life is all about, creating a great family atmosphere & life long friends.

Self defence classes

As well as for students, we offer self-defence classes for family & friends. These are short term programmes either a day or once a week over a five week period. If you would like to get on one then ask you Instructor for the next available course in your area.



Bourne - Market Deeping - Werrington - Thurlby - Stanground - Yaxley - Hampton - Billingborough

Annabel Murcott 6th Dan - Tel: 01780 410609 | Mob: 07714 323 995 | Email: info@annabelmurcott.com

Web: www.annabelmurcott.com | Facebook: Annabel-Murcott-Schools-of-Tae-Kwon-Do

Welfare Officer - Dale Pollard 4th Dan | Tel: 07921 264 909



Tae Kwon Do Oath

Tae Kwon Do Oath

**As a student of Tae Kwon-Do, I do solemnly pledge
to abide by the rules and regulations of the Tae Kwon-Do Association,
to strive always to be modest courteous and respectful
to all members in particular my seniors,
to put the art into use only for self defence
or in defence on the weak,
and never to abuse my knowledge of the Art.**



Bourne - Market Deeping - Werrington - Thurlby - Stanground - Yaxley - Hampton - Billingborough

Annabel Murcott 6th Dan - Tel: 01780 410609 | Mob: 07714 323 995 | Email: info@annabelmurcott.com

Web: www.annabelmurcott.com | Facebook: Annabel-Murcott-Schools-of-Tae-Kwon-Do

Welfare Officer - Dale Pollard 4th Dan | Tel: 07921 264 909



**COURTESY
INTEGRITY
PERSEVERENCE
SELF-CONTROL
INDOMITABLE SPIRIT**

태권도

