



PHIL THOMAS
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

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 for beginners
- You don't need special clothing to start, just wear something loose and comfortable.

Junior curriculum

- Our APTI Junior programme is based around 50 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. APTI 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.



Things you need to know

- Fees are £25 per month (pay as you go)
- A Martial Arts licence is required after 6 weeks at a cost of £36
- 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 Sport Coach UK qualified in child protection and good practice
- We are checked for and have in place:
 - CRB Enhanced checks
 - Insurance for public and product liability with additional cover for each student
 - first aid including paediatric certification
 - Club's finances are regularly audited.



Free Tae Kwon Do Student Handbook worth £6

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**PHIL THOMAS
TAEKWONDO**

STUDENT HANDBOOK

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

Get a free student handbook!

What's a dobok? It's Korean for training suit... you'll learn this and more from our handbook. It's an invaluable guide to help you progress from a beginner up to a black belt teaching you the theory of, and guide you through practical Tae Kwon Do.

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info@apti.biz

Tae Kwon Do Tigers

Martial Arts for 4-7 Year Olds

The instructor Phil Thomas, 6th Degree Black Belt (over 40 years experience), is CRB Enhanced Checked, has a Paediatric First Aid Qualification and carries a Sport Coach UK Qualification in Child Protection and Good Practice. Phil is also registered with the Buckinghamshire (MK) Youth Registration Scheme and has been awarded **Instructor of the year – three times!**

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

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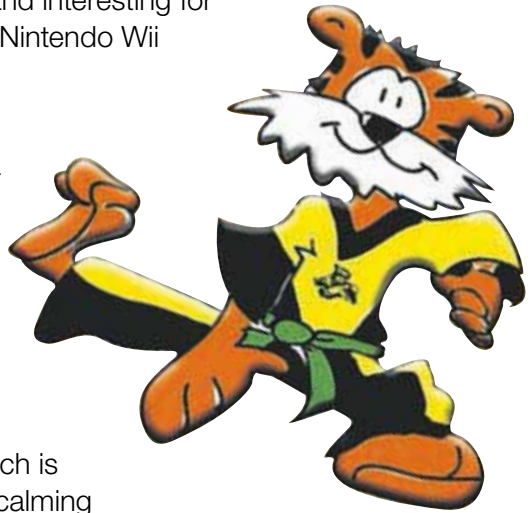
Safety awareness – Martial Arts – After school activity with Tae Kwon Do Tigers

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 can't ride their 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 and capability 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

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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 instructor



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, was the first Tae Kwon Do Black Belt in the U.K. Voted Instructor of the year three times, Phil is an International Instructor and a class A referee. He has personally tutored over 100 Black Belts up to the high rank of 4th 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 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, so WHAT HAVE YOU GOT TO LOSE?

Tae Kwon Do

Tae Kwon Do 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 for self defence.

Tae Kwon Do, is both a martial art and a sport, and is popular with people of both genders and of all ages and physicality. It is uniquely adaptable to your capability. Tae Kwon Do develops strength, speed, balance, flexibility, and stamina. It promotes courtesy, integrity, perseverance, self-control, and develops an indomitable or resilient spirit. It's perfect for teaching children social skills and also helps to overcome situations where bullying is a problem.

Tae Kwon Do promotes self improvement through its activities. You can maintain your training throughout your life, as many have done. The benefits are obvious and otherwise life changing!

You and Your Body

Tae Kwon Do will improve your fitness. It is not an endurance sport like long distance running, rather it could be compared to a 100m sprint or high intensity interval training (HIIT) which in recent years has proved to be a most effective way of getting fitter and toning your body... the thing is, tae kwon do is so varied and fun you probably won't even know you are getting fit. You do it at a pace that suits your fitness, and as you become fitter, you'll be able to do more.

You'll be taught to stretch safely, which will improve your flexibility. Stretching alone will tone your muscles, but it is key to being able to execute better kicks, strikes and even blocks.



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Tae Kwon Do for children

Your children 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, not just men. 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, but the reason why we do it is because we have fun, so you'll definitely make new friends.



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