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Evolution Taekwondo

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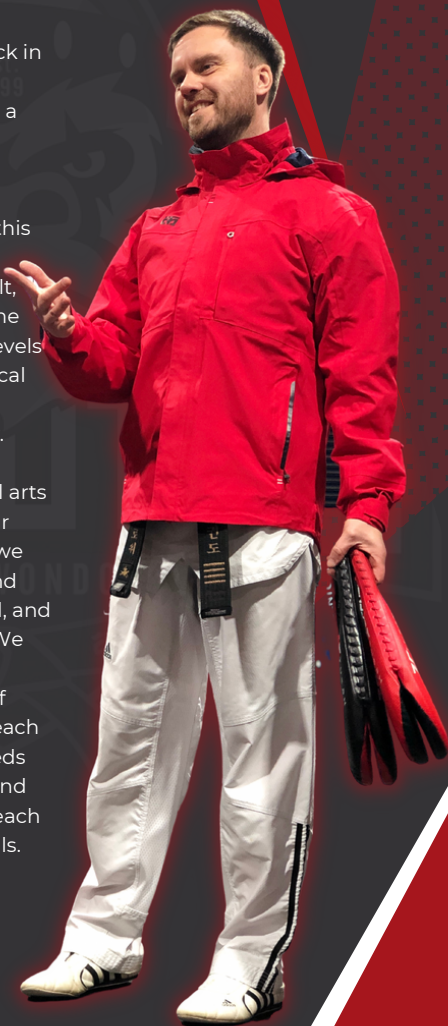
# Welcome to **EVOLUTION TAEKWONDO!**

## About us...

Hi, I'm David.

I founded Evolution TaeKwonDo back in 1999 with the vision of teaching the Olympic discipline of TaeKwonDo in a modern way while upholding the traditional martial arts values of perseverance, self-control, modesty, indomitable spirit and etiquette. In this time, Evolution has guided over **500** students to achieving their black belt, have had competitors compete at the highest national and international levels and have worked closely with our local community in sectors such as law enforcement, education and charity.

We passionately believe that martial arts is an investment into yourself or your child. In the last couple of decades, we have seen and experienced first-hand how a person's life can be enhanced, and even transformed, by TaeKwonDo. We have a wealth of knowledge and experience in getting the best out of every student, we understand that each person will develop at different speeds and reach different levels of ability and we are passionate about nurturing each student to meet their individual goals.

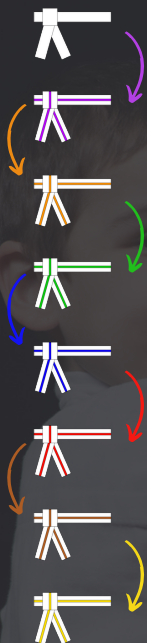




# ACTIVE START

## AGES 4 - 6

Active Start  
Belt Grading



Active Start is a specifically tailored programme for your 4 to 6-year-olds.

Evolution TaeKwonDo has been developing this unique programme for over 20 years and children who attend these sessions will learn essential motor skills that will stay with them for life.

Active Start is a structured programme that includes the basics of TaeKwonDo enjoyed through games and activities. The gradings (graduation for the next belt) are held every three months and this programme will get students ready for the juniors programme.

Each student will be assessed individually but will move up to the juniors at roughly 7 years old.

Book a FREE Taster Session

### Session Times

Monday 16:30 - 17:10  
Tuesday 16:30 - 17:10  
Thursday 16:30 - 17:10  
Friday 16:30 - 17:10  
Saturday 09:30 - 10:10



# BEGINNERS/JUNIORS

## AGES 7 - 14

Beginner



10th Kup



9th Kup



8th Kup

Intermediate



7th Kup



6th Kup



5th Kup



4th Kup

Advanced



3rd Kup



2nd Kup



1st Kup



Children aged 7 to 14 will join our exciting Juniors Beginner programme. All budding martial artists will be given a chance to learn both the traditional aspects and values of Taekwondo, as well as the fun and fast-paced Olympic sport. Most students will be in the Beginners programme for 9 months to a year. This programme gives them all the basic knowledge of Taekwondo before they move up to our Intermediates programme. Gradings are held every three months, belts progress as alternating between solid colour to a stripe (i.e. white belt, yellow stripe, yellow belt etc.), see left for belt progressions, and this programme will take students to a green tag before moving to the Intermediate sessions.

Book a **FREE** Taster Session

### Session Times

Monday	17:20 - 18:00
Tuesday	17:20 - 18:00
Wednesday	17:20 - 18:20
Thursday	17:20 - 18:00
Friday	17:20 - 18:20
Saturday	10:20 - 11:20





# ADULTS 15+

Beginner



10th Kup



9th Kup



8th Kup

Intermediate



7th Kup



6th Kup



5th Kup



4th Kup

Advanced



3rd Kup



2nd Kup



1st Kup



All adults aged 15+ will attend this programme, currently our age range extends from 15 to 50+, so don't be shy! Whether you are looking to have a bit of fun with a bunch of friendly people or do some serious training in an Olympic sport, this programme is for you. We offer traditional, sport and self-defence lessons to cater for all needs and abilities. This programme is truly for everyone, we will not push you beyond anything you feel you are capable of and we accommodate all ages, injuries and abilities. Gradings are held every three months, belts progress as alternating between solid colour to a stripe (i.e. white belt, yellow stripe, yellow belt etc.), see right for belt progressions

[Book a FREE Taster Session](#)

## Session Times

Monday	19:30 - 20:30
Tuesday	19:30 - 20:30
Thursday	19:30 - 20:30



# YOUR TASTER SESSION

## *What to Expect*

When you arrive for your taster session you'll be greeted by one of our team. Please arrive 10 minutes early using the front entrance to the academy. Bring a drink and come in loose clothing. Although not always possible, we encourage the whole family to come watch your child's first session as we believe the whole family will be supporting their journey to a black belt. We believe that growth is found outside of a person's comfort zone however please be assured we'll never push anyone beyond their limits to the point of injury or discomfort and everything is taught in a nurturing way throughout our age and ability appropriate programs.



Evolution TaeKwonDo work on a 48 week year; closing for 2 weeks in the school summer holidays and 2 weeks over Christmas. We also close on Fridays Saturdays & Mondays over a bank holiday weekend.



# SAFEGUARDING

## *Our Students*

Funded by the National Lottery, the safeguarding scheme was launched by the Sports Minister in early 2018 and is delivered through a group of partners and experts in safeguarding including the Child Protection in Sport Unit (NSPCC) and Sport England.

The Safeguarding Code in Martial Arts recognises clubs in England who have demonstrated that they have reached and maintained good safeguarding standards and the scheme supports us to implement and maintain high quality safeguarding practices.

The scheme empowers parents/carers and educational establishments to make informed decisions when selecting a club or provider for their child/children, young people or adults in their care.

We at Evolution Taekwondo continue to maintain high quality safeguarding practices and have been awarded The Safeguarding Code in Martial Arts "mark"

Our safeguarding officer is David who is diligent in ensuring the practices are known and followed by all staff within the club.



IN MARTIAL ARTS



#WeAreEvolutionTKD



Designed By

