

If you are interested in enrolling yourself or your child for our classes, do fill in this form and contact our instructor today!

Name: _____ NRIC / Passport No.: _____

Address: _____ Postal Code: _____

Date of Birth: _____ Age: _____

School / Company: _____

Date commenced: _____ Height: _____ Weight: _____

Contact No. 1: _____ Name: _____ Relationship: _____

Contact No. 2: _____ Name: _____ Relationship: _____

E-mail address: _____

Does the applicant have any pre-existing medical condition or injuries? **Yes / No**

If yes, please specify: _____

I declare that all the information provided in this form is true and correct and I promise that I will inform and, if necessary, choose not to train, perform or grade if I or my child is unwell. I understand that Taekwon-Do can be a risky activity if I or my child fails to take reasonable care to ensure the safety of myself / himself / herself and the people around me. I hold myself solely responsible for any injuries which I or my child may sustain during the course of trainings, demonstrations and gradings, and I agree not to hold my instructors, examiners or fellow practitioners in Taekwon-Do liable for any injuries or damages I or my child may sustain. Please accept my application in consideration of the true information and declaration I have provided above.

Signature of Applicant

Name and Signature of Parent/Guardian of Applicant if Applicant is under 21

Date: _____

NRIC No.: _____

Contact Details of Instructor:

Training Centre:

Re-Introducing

ITF TAEKWON-DO



An information booklet presented by the practitioners of **ITF Taekwon-Do** in Singapore.

Taekwon-Do is a Korean martial art, founded by General Choi Hong Hi on 11 April 1955. The governing international federation, the International Taekwon-Do Federation (ITF), was founded on 22 March 1966.

Taekwon-Do combines the beauty and footwork of Taekkyon with the application and power of Karate-Do, whilst inspiring practitioners to realise and achieve the five tenets of Courtesy, Integrity, Perseverance, Self-control, and Indomitable Spirit, through disciplined training.

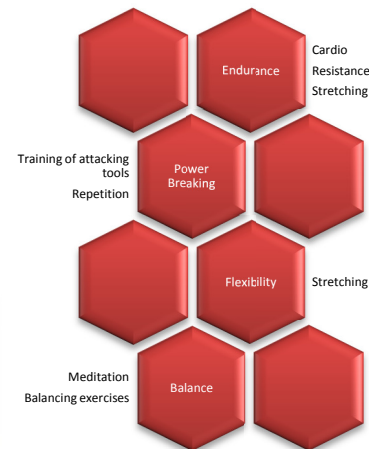
After the World Taekwondo Federation (WTF) Taekwon-Do was established on 28 May 1973, by which a different martial sport resulted, the former Taekwon-Do then became known as ITF Taekwon-Do and the latter, WTF Taekwondo. Although Singapore was one of the founding countries of ITF Taekwon-Do, knowledge of ITF Taekwon-Do in Singapore has dwindled over the years. This information booklet seeks to reacquaint its readers with ITF Taekwon-Do, its structure, syllabus and form.

The following is a pictorial representation of the composition of ITF Taekwon-Do:-



Fundamental Movements are attack or defence movements targeted towards a particular area or in response to an action by a hypothetical opponent.

Fundamental Movements



Self-defence techniques are the logical application of movements from fundamental movements, patterns and other combinations of locks, sweeps and throws for practical application.

Self-defence



The Composition of ITF Taekwon-do is a cycle, by which the training of each element would improve another.

Dallyon

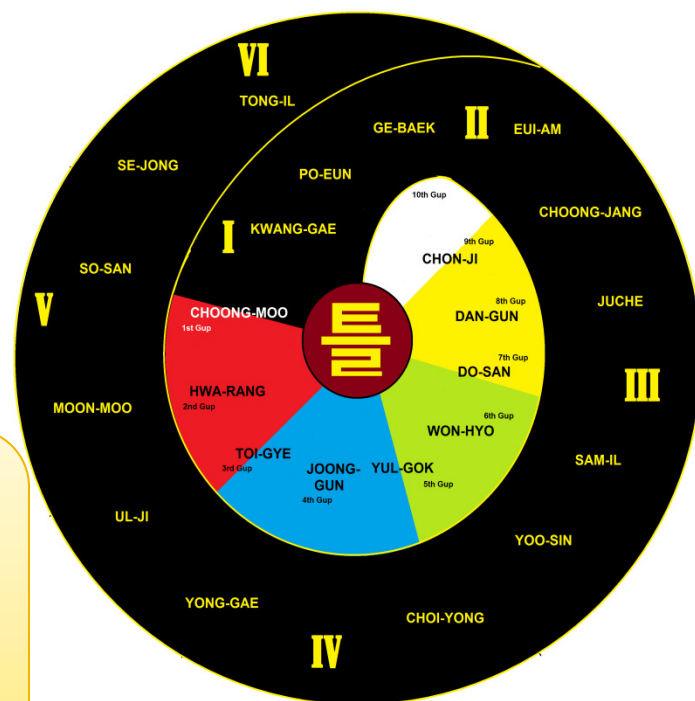
Dallyon is the physical and mental training in order to achieve strength in all aspects.

Sparring

Patterns

Sparring is the application of attack and defence techniques gained from fundamental movements, patterns as well as stamina and strength or strength control from Dallyon (or training).

Patterns are logically pre-set combinations of fundamental movements, intended to place the student in a hypothetical situation where the student must avail him or herself to various attack, counter-attack and defensive movements against several opponents.



The 24 patterns represent 24 hours, one day, or all my life.

- General Choi Hong Hi

Trivia

- In ITF Taekwon-Do Sparring matches are semi-contact, which requires an exponent in training or competition to pull back upon contact with the opponent.
- The direct translation of ITF Taekwon-Do sparring, Matsogi, is "to retaliate" or "stand up to".

