



Taekwondo Chungdokwan Great Britain



New Starter Checklist

- Have you been given a **Membership Form** to complete? **Yes**
- Have you been given a **Health Questionnaire** to complete?
- Have you been told when the Instructor will require these forms?
- 1. HEALTH ASSESSMENT**
Have you made the Instructor aware of any health problems you may have e.g. asthma, back / joint problems (*see health questionnaire*)?
- 2. HEALTH RISK – TAEKWONDO**
Has the Instructor explained the types of exercises including stretching that you will participate in?
- Has the Instructor advised you of the level of physical fitness required?
- Do you know who to alert if you have difficulties with any techniques?
- 3. HEALTH & SAFETY ADVICE**
I understand that Taekwondo involves a certain amount of physical contact and fitness, including rigorous warm up sessions.
- I understand that I am not expected to attempt all techniques that I observe, only techniques that I am directed to do (*this includes kicking / punching the focus pads*).
- 4. ADEQUATE SUPERVISION**
I understand that a senior grade will observe me during training.

Signed:

Date:

Student (Parent/Guardian if under 16 years)

____/____/____

Instructor

____/____/____