



Dear Student,

I would like to welcome you to Athlone Taekwon-do, Kickboxing and Skyboxing. It is our hope that you will enjoy exploring our Martial Arts Full-time Centre and all it has to offer. Whether it is fitness, self-confidence, sparring or achieving a personal goal we will be there every step of the way. We ensure the highest standards and safety in the instruction of the martial arts and fitness in each of our programs.

If you are interested in training long-term, then you will need to purchase the official uniform supplied by us. However, There is no pressure to get one immediately. The official uniform is available for €50 through the Association or through your instructor. The official uniform can't be purchased in shops.

The following are some of the most common questions posed by beginners:

Q. How long does it take to get a black belt?

A. On average it takes about three years, but it really depends on the amount of time each student puts in. More time spent training results in a faster progression.

Q. Do you have to be fit to start training?

A. No. At the beginning the classes are not very vigorous. There is a slow but steady increase in the intensity of the classes.

Q. Who can train?

A. Anyone can train regardless of age or sex. This club has a special children's class. Just ask the instructor for details.

Membership Agreement

1. Training with us is subject to the rules and regulations of the Academy.
2. Payment of the Association & Insurance Fees must be paid in full before membership commences. Payment of the Association fees enables the student to membership of the Academy and its governing body, (A trial period of one class may be allowed.)
 - a. Taekwondo (IUTF) the Irish United Taekwon-do Federation Adult €30 Child €25 + insurance €15 per annum
 - b. Kickboxing (WKU) World Kickboxing Union Adult €35 Child €30 + insurance €15 per annum

These fees are due every September for existing members, and at time of joining for new members.
3. Membership may be terminated by an instructor for violation of any rules of the Academy, or for conduct deemed by the instructor to be detrimental to the welfare, character or reputation of the Academy or its students.
4. Association/Insurance/Class Fees are non refundable and non transferable.
5. The student acknowledges that he/she is in good health and not suffering from any injury or illness.
6. The Health Questionnaire must be completed and signed by all applicants in advance of membership.
7. The student agrees that the academy will not be held responsible for the loss of any personal items or damage to personal property.
8. In the event of any dispute arising between a student of the Academy and an instructor of the Academy, the instructor's decision is final.
9. Parents are urged to collect minors/children promptly following a class, as supervision of said children cannot be guaranteed once their class has ended.
10. All students are required to be punctual as lateness disrupts classes and, as the warm up is a crucial part of any exercise session, skipping part or all of it can result in injury to the student at his/her own risk.
11. At times due to unforeseen circumstances, or due to external decisions by *Training Hall Management*, classes may be cancelled occasionally. Where possible, students will be notified via email and signage at training hall. However, parents should always enter the academy with his/her child rather than dropping the child in the car park.
12. **On the joining, the student is recommended to look on www.athloneitf.com and our Facebook page for all course material and other promotional offers and events.**
13. On joining the Academy the student automatically accepts and agrees to be bound by these conditions of membership to the Academy.

Signature: _____ Parent's Signature (if under 18): _____

If the student is under 18, then that of the student's parent or legal guardian must substitute the required signature.



Athlone Taekwondo
Web Site: www.athloneitf.com
E-mail: info@athloneitf.com
Telephone: 087 – 619 – 9621

Taekwon-do
Ninja kids
Kickboxing
Skyboxing

SKYBOXING





Chief Instructor
Ms. Mary Mannion 5th Dan

Phone : 087 619 9621

Membership Application:

Date:

Taekwon-do **Ninja kids** **Kickboxing** **Fitness Classes**

PLEASE USE BLOCK CAPITALS ONLY

First name:

Phone:

Surname:

Date of Birth: dd mm yy

in case of emergency

Referred by:

ICE Phone:

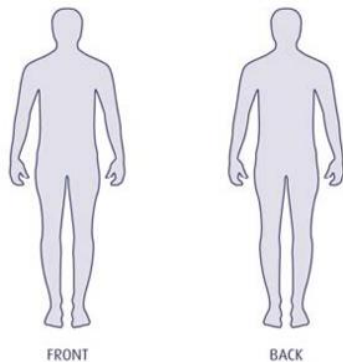
Home Address:

E-mail address:

Let us know if you would like E-mail updates on offers and events Yes No

Have you any previous injuries, health problems etc?

Circle any area where there is an injury and provide details.



Name of your Doctor:

Doctor Phone:

- | | | |
|---|------------------------------|-----------------------------|
| Have you been inactive for more than five years? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Have you suffered or do you have any back, joint or muscular disorder | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Have you ever suffered from any heart or circulatory disorder? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Have you ever suffered from high blood pressure | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Have you been pregnant in the last three months? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Do you suffer from any type of diabetes? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Do suffer from any respiratory ailment, e.g. asthma? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Are you on any medication? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Are you older than forty? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Do you drink? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Do you smoke? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |

Do you accept that like many other activities Taekwon-do training involves the risk of injury? Yes No

Signature: _____ **Parent's Signature (if under 18):** _____

Note: Any information relayed to students regarding class times/ changes/ exams will be done so via email and signs at the hall. Please check you email weekly for any updates.



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