



New Starter Pack

**FREE TRAINING SUIT WITH
MEMBERSHIP***

www.pontefractkd.co.uk

pontefractkd@hotmail.com

07734 227298



Disclosure &
Barring Service



*When signing up for twice per week training. 50% reduction if training once a week

Welcome to Pontefract Taekwondo

We are proud to be members of the Taekwondo Association of Great Britain (www.tagb.biz), Europe's largest and most successful martial arts association with over 20,000 members training in over 600 Schools throughout the UK.

All TAGB instructors are registered with The British Taekwondo Council (www.britishtaekwondocouncil.org), the only official governing body for Taekwondo in the UK, and undertake a minimum five year training period gaining experience and completing various qualifying courses, enhanced level DBS (Disclosure & Barring Service) clearance and insurance checks.

TAEKWONDO - THE ART OF THE FOOT AND FIST

Taekwondo is a form of unarmed combat that has its origins in ancient Korea and has grown in popularity to become one of the most widely practised martial arts in the world.

It is best known for its spectacular jumping and spinning kicks, but also incorporates punches, blocks, locks, holds, throws and strikes and is a highly effective self defence system.

Taekwondo is a globally practised sport, a great way to get fit and stay healthy, to learn how to defend yourself, to meet good friends and have great fun!

That's why millions of people all over the world are already doing it!

YOUR INSTRUCTORS

Chief Instructor - Mr David Murphy, 5th Degree Black Belt

Started training in Martial Arts in 1994
(Karate – 2nd Degree Black Belt and Kickboxing)

Gained Taekwondo Black Belt in 2010

Fully qualified, insured, first aid & safeguarding trained and DBS checked
TAGB instructor

International umpire and referee



Instructors:

Steve Milton – 1st Degree Black Belt

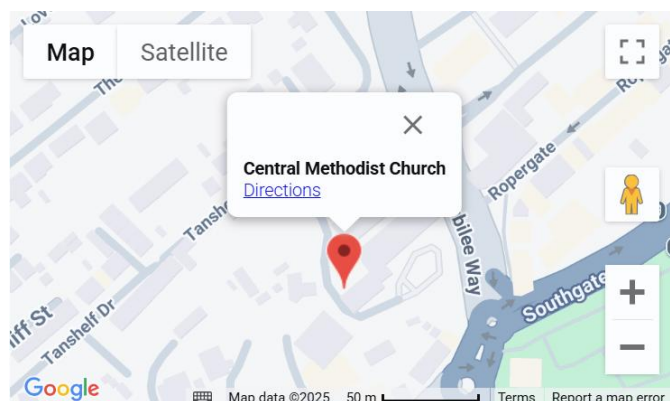
Darren Teale – 2nd Degree Black Belt

CLASS DETAILS

Classes are held on Mondays and Wednesdays, 7pm - 8pm

Both nights are mixed classes - Adults / Children (min 9 years old unless training with parent / guardian).

Central Methodist Church
Tanshelf Drive
Pontefract
Wf8 1NB



Classes are a mixture of traditional Taekwondo – learning the TAGB syllabus that enable students to progress through the grades, self-defence and sport (sparring).

Through the training students will improve physical skills (balance, coordination, flexibility and fitness), along with mental skills such as focus, concentration and discipline.

Our Taekwondo classes are one of the few sports where families can train together – helping to bond and achieve new skills for the whole family. Discounts are available for multiple family members training.

GRADINGS

Gradings are offered to students when they have the right amount of training, and are ready, there are normally four colour belt gradings per year but each grade requires a minimum training period.

Students are graded by a 9th degree Grand Master, and if successful receive a new belt and certificate.

COST OF TRAINING

All students must have a TAGB membership of £40. this is an annual membership, which includes insurance. **All beginners receive a free training suit with first membership** (when signing up to twice a week training).

First 2 sessions are free, and then students who wish to continue are required to purchase the membership and sign up to twice or once a week training.

Discounts are available for family training and purchase of sparring equipment.

CURRENT FEES

Valid from – May 2025

Training Fees:

Individual:

twice per week training adult and juniors, monthly fee	£36.00
once per week training adult and juniors, monthly fee	£26.00

Family Training: (all based on twice per week)

first family member (seniors or junior), monthly fee	£36.00
second member, monthly fee	£30.00
third member, monthly fee	£22.00
fourth (& subsequent) member(s), monthly fee	£15.00

Membership:

Annual Membership to the TAGB (includes licence & insurance)	£40.00
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Other costs:

White Dobok (training suit)	£40.00
Coloured Belt Gradings	£30.00
Sparring Equipment – see separate page	

Introductory Offers (New starters only)

First 2 Lessons free.. Then...

1. Annual membership twice a week training, Free White Dobok	Saving £40.00
2. Annual membership and once a week, 50% off White Dobok	Saving £20.00

Additional training sessions

Cost per additional lesson i.e when signed up for once per week	£6.00
Capped at £38 per month overall training fees, bank transfer only	

Payments:

For monthly fees, payment due by the 3rd of the month that the fees are to cover.

Fees for additional sessions to be paid in the week that the training takes place.

All training fees to be paid via bank transfer / standing order payments

No fees are refundable.

sort code. **77-71-15** account number. **53223768** name. **David Murphy**

Sparring Equipment:

Sparring equipment is not essential for beginners, however is required in order to participate in any contact sparring in class. A full set of equipment is needed by the team a student achieves their Green Belt.

Equipment can be sourced elsewhere, but must have TAGB / Taekwondo International logos to be compliant with our insurance.

Individual Prices:

Headguard:	£34.50
Hand Pads:	£29.50
Foot Pads:	£30.00
Shin Pads:	£23.50
Groin Guard:	£18.00
Gum Shield:	£4.00
String Bag:	£10.00
Holdall:	£22.50

Package offer:

Minimum 15% off all of the above prices when purchasing basic full set:

Head / Hands / Feet / Shin:	£99.00	saving	£18.50
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When bought at the same time as basic full set:

Groin Guard:	£15.00	saving	£3.00
Gum Shield:	£3.00	saving	£1.00
String Bag:	£8.50	saving	£1.50
Holdall:	£19.00	saving	£3.50

Example: Basic set + Groin Guard + Gum Shield + Holdall = £136. Saving £26.00

Please ask for details & prices of other items (books, clothing, accessories etc.)