

Cambridge University Taekwondo Welcome Pack

This pack outlines some of the key information you will need to know as a member of Cambridge University Taekwondo (CUTKD). There are also some steps you need to complete before becoming an official member, so please read it carefully.

Training Schedule

When?	Tuesday	Thursday	Sunday
What time?	20:00-22:00	16:00-18:00	15:30-17:30
Where?	University Sports Centre Studio 1	New Cellars, Pembroke College	University Sports Centre Studio 2

Note: the training schedule outside of full term and in the latter part of Easter term varies. Please keep an eye on the website and/or Facebook page to stay updated in this regard.

All the perks!

Being a member of CUTKD not only means awesome training sessions, it also entails a whole bunch of perks such as cool socials, wholesome brunch and snazzy club stash. Keep an eye on your inbox and on our Facebook page to know all about what's down with CUTKD.

Grading

Progressing to higher belts is one of the key aspects of any martial arts training. Here at CUTKD we hold gradings at the end of every term. The grading syllabus (everything you need to know for grading) can be found on our website. Additionally there are 'grading clinics' held by our captain where we can go over anything you don't yet feel comfortable with. Please note that you will need a dobok (white training suit) and insurance to grade.

Competitions

Competing is another fun part of taekwondo, whether poomsae and sparring, it is a chance to improve, experience a competition environment and get to know the rest of the club.

The club aims to send a big competition team to the BSTF Nottingham match in February. There are also opportunities to compete at the end of Michaelmas and in mid-March if you are super keen. At competitions you compete with people of the same ability and weight category, so unless you are a black belt you won't have to spar with a black belt!

A special training program will be set throughout the academic year for people (of any ability level, both sparring and poomsae) who want to compete to prepare you.

If you'd like to find out more about competing you can chat to our club captain, an instructor or any member of the committee. Note that for sparring the club can lend out equipment, however, it is advisable to have your own, for discount prices this can be purchased through the club when we do a 'bulk' order.

Varsity

Taekwondo varsity is held at the end of Lent term, we have both A and B womens and mens teams so even if you've only just joined you can still participate!

University Colours & Blues

The club currently has rights to award university colours and blues to women, so you could be walking away with a snazzy certificate in no time. See the website for requirements or you can chat to our captain. While we're not blues certified for men, this may soon change.

Insurance

Now to some serious stuff... in order to practice any martial art it is necessary that you have insurance. The insuring body for taekwondo is British Taekwondo. You will need to make an online application through their website. To cover this cost we require the payment of £30 which can be paid into the club bank account or at a training session either in cash or card. You will need insurance in order to grade, compete and attend seminars. Please note insurance is only valid for sessions with qualified instructors - Peter Smielewski and Bryan Chong. Hence please take care during other sessions.

After receiving your insurance certificate please send a copy of it to our secretary at sas223@cam.ac.uk

Training cost

We want to make our training as accessible as possible to everyone hence why with the pay-as-you option you only pay £5 per training session. Paying per term comes out cheaper per session.

Training 2x a week	£65	(16 sessions per term)
Unlimited training	£90	(up to 24/32 sessions)

A discount applies to termly fees based on when you join during term, please message our secretary (sas223@cam.ac.uk) to find out exactly how much this would be.

Note that the above prices apply to training in term, holiday training costs £5 per session.

Training and insurance can either be paid by card or cash at training or transferred into the CUTKD bank account: **Sort Code – 30-91-56** **Account Number – 02556463**

Getting involved!

Please note that the society's Annual General Meeting is held towards the end of Lent term, we're pretty chill about this stuff so if you want to get involved then you most definitely can!

Communications

CUTKD communicates with its members both via email and via our closed Facebook group. Be sure to provide your email and Facebook name, so that you can stay updated.

The club also has a calendar with all the important events (training, socials, competitions etc.), you can add it to your own calendar app by clicking the link below:

<https://calendar.google.com/calendar?cid=Y3V0a2Rjb21taXR0ZWVAZ21haWwuY29t>

Code of Conduct

In order to enable CUTKD to be a safe and inclusive space for everyone we set out certain expectations of conduct for our members. See our website for more details about our full Code of Conduct, club disciplinary procedures and what is considered inappropriate behaviour.

We hope that all members will abide by the five tenets of taekwondo: courtesy, integrity, courage, perseverance, indomitable spirit.

Members are expected to comply with the following norms of respectful behaviour at training:

- members will bow upon entering and leaving the dojang (training hall)
- members will show respect to their instructor and seniors
- members will bow appropriately at the start and end of each session
- members will treat club property with respect

Inappropriate comments, or discrimination of any form, with relation to gender, age, race, sexuality or able-bodiedness will NOT be tolerated. In the event that such behaviour is to take place, it will be treated seriously. We hope that the afflicted party will feel comfortable to report any such behaviour to us either this using the Accident Report form (found on our website), the Anonymous Report form (also found on the website) or talking with the welfare officer or any one of the committee members.

The repercussions for any inappropriate behaviour may include temporary/permanent suspension from the club's activities and/or, depending on severity, escalation of the case. Such repercussions would follow after a formal warning from which there had not be an adequate amendment of behaviour. See our full disciplinary procedures on our website, including a non-exhaustive overview of what we consider to be inappropriate behaviour.

As a Cambridge University Taekwondo member you agree to:

- Hold the necessary insurance.
- Pay in full the owed training fees, whether this be ahead of time, at a training session or retrospectively at the end of a term. The club keeps a register of who has attended training and how much they have paid.
- Communicate openly with your training partner and instructor about any exercises you do not feel comfortable carrying out and/or need adjustments for.
- Report instances of inappropriate behaviour. This can be done by talking to a committee member, filling in an Incident Report Form or using our anonymous online system – this can be found on the website, under the 'welfare' section.
- Talk to the committee about any concerns that you have.

Your data will not be used for purposes other than those outlined below:

- Administrative tasks related to the running and organisation of the activity of the club
- Sending you relevant information relating to the activity of the club (i.e. training, socials, grading, competitions, stash)

Your data will be stored securely in a Google Drive folder, which is only accessible to current committee members.

CUTKD may wish to take photos during training, socials and other club activities. These will be used as part of the club's marketing strategy and published to the club mailing list, in promotional material or on social media.

If you **do NOT** consent to such use of your photos please tick the box

Please note that as much as the club will try to ensure that your preference is respected you will also need to inform those around you, who may be taking photos, of your preferences.

CUTKD will also want to send you important information about training, socials and competitions via occasional emails.

If you do **NOT** consent to receiving these emails please tick the box

By signing below you confirm that:

- you have read and understood the code of conduct and agree to abide by the terms laid out within it.
- in the event of a breach of the code of conduct, you are aware of the disciplinary procedures of the club
- you have completed/will complete the online insurance application and paid/will pay the due amount
- you will send a copy of your insurance certificate to our secretary at sas223@cam.ac.uk
- you have had the chance to ask any questions relevant to membership or any aspect of the club and have received a satisfactory answer

Member

Signature _____

Date _____

CUTKD committee

Signature _____

Date _____

Find us

Website <https://cutkd.soc.srcf.net/>

Facebook @CambridgeUniversityTaekwondo

Instagram [cambridge_university_taekwondo](#)