



## Preparing for your trial

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Please arrive 10 mins before your scheduled time.

So you've decided to take Taekwondo, but have no idea what you're getting yourself into. To ease your pre-class jitters, here's a some common questions.

### **What to wear**

Classes are done in bare feet and loose-fitting clothes. If you decide to stay, a uniform can be purchased after a few weeks.

### **What will I be learning.**

Class starts with warm-up and stretch. It's a bit like a 10 mins aerobics session. The routine is the same each lesson, so after a few weeks you will get the hang of it. We start with Taekwondo basics. Everyone does basics and they are very easy to learn, but take a lifetime to master. Next we work with a partner of equal ability and gender or with a black belt who will guide you through the activity. There is a cool-down time near the end and then you're done!

For adults, remember to take the class at your own pace, not go too hard, and make sure you stretch and take opportunities to relax and catch your breath. Pay attention to your Instructor and the other students, and don't be afraid to make mistakes – it was everyone's first lesson once.

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**Q. Will I get beat up?**

A. All classes are very structured in a non-contact environment. Students are never left alone. Beginning students are with other beginners and aggression is not tolerated.

**Q. Will I have fun?**

A. Our school would not grow if students did not have fun. We try to foster a community of TKD students that motivate and learn together.

**Q. Should I have private lessons?**

A. We encourage students to learn with others. We have a very friendly group of students male and female. Females are paired with other females. If you require private lessons, please discuss it with me personally.

Good luck with your journey to black belt.

Grand Master Michael Tan.

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