

HANARO TAEKWONDO ACADEMY

Together as One

[환영합니다](#) (hwangyong-hamnida) (welcome)

Thanks for your interest in Hanaro taekwondo

If you would like to join our club the adult and over 12 years train on Monday and Tuesday from 7.00 pm to 9.00 pm. You are more than welcome to try a class on one of these nights. On the first night it is best to turn up 10 to 15 minutes before the class to speak about the registration procedure.

The club gives you the first lesson free so you can try Taekwondo without the need to commit.

Then, after this, the National Governing body, British Taekwondo (BT) requires all member clubs to request that all new members apply for BT membership including insurance, plus club membership. This costs £40 for your membership in the first year and £35 to renew yearly. Instructors are not permitted to teach anyone who is not insured.

After the First lesson the fees are:

£6.00 per lesson.

Members of limited financial means can be considered for a discount at the discretion of the Committee

It's best to train in loose tracksuit bottoms (the leg length must not be touching the floor to avoid slipping over) and round neck T shirt for a few weeks. When you decide if you want to continue to the first grading you will need a dobok (uniform). The price is £35 including a belt and comes with club logos already sewn on the back and free club badge.

We also supply body armour at about £25 and a set of leg and arm protectors for about £15 to £25 per set

Grading's are every three to four months and cost £35 including BT certificate and belt

All monies go into club funds to pay the hall hire fees and running the club website and we are run by volunteer instructors and helpers.

Lessons include a various mixture of warm up and stretching, basic hand and leg techniques, patterns, sparring and self-defense. Training is rigorous and you will get a good work out in 120 minutes. Please bring a bottle of water to keep by the side of the hall and a towel.

The venue is Bolney meadow Community Centre, Bolney Street, Nr Stockwell, London SW8 1EZ.

Northern Line to Oval or Stockwell.

Rail: Mainline to Vauxhall Station.

Tubes: Victoria Line to Vauxhall or Stockwell.

Bus 88 and 2 are less than 5 mins from the Centre.

Bolney Meadow Community Centre is 10 mins walk from Vauxhall Station; 12 mins from Stockwell or

The Centre is situated half way down Bolney Street set within the estate and the building can be seen from the road.