

Dorset TAEKWONDO Association

FREE LESSON VOUCHER

(please print off this page and bring it to your first trial lesson)



Please read and complete this voucher and bring it to your first lesson - This voucher entitles you to **Two FREE trial lessons.**

More information, including [lesson schedule and venues](#), can be found on our website at www.dtkd.co.uk or enquire to master@naraine.co.uk or call 07789 107157

Your details

Name		Address	
Age / DOB (classes suitable for age 7+)			
Contact Telephone		Emergency Contact name / number	
Contact Email*			

* DTA do most communication by Email. Please tick if you do NOT wish to be added to our email distribution list.

Your Interests

In order for you to get the best out of training with DTA it is useful for your instructor to know a little more about you and your requirements

How would you rate your current level of fitness 1- 10 _____

(1 = struggle to run 100 meters; 5 = exercise a couple of times a week; 10 = being able to run a marathon)

Why do you want to take part in lessons with DTA? (Please tick all that apply)

- | | | |
|---|---|---|
| <input type="checkbox"/> To get fitter / keep fit | <input type="checkbox"/> Have fun | <input type="checkbox"/> Lose Weight |
| <input type="checkbox"/> Be Olympic Champion | <input type="checkbox"/> Meet people | <input type="checkbox"/> Improve concentration and discipline |
| <input type="checkbox"/> Improve flexibility | <input type="checkbox"/> For self defence | |

Other please state _____

DORSET TAEKWONDO ASSOCIATION

NEW STARTERS' INFORMATION

New starters, parents or guardians are required to acknowledge the information listed below

Introduction

Dorset Taekwondo Association (DTA) views the health and safety of its members as a very important part of training in Taekwondo and, to this end, requires all new starters to read and digest the information below in order to avoid/eliminate, as far as reasonably practicable, the risk of injury.

In all sports, whether they are individual or team, a variable degree of risk of injury may exist. There is a variable degree of risk of injury to individuals who practise Taekwondo, but the practice of it does not have to be a concern if basic precautions are taken.

New starters, parents or guardians must understand and accept that Taekwondo requires a fair level of fitness. This includes undergoing a cardio-vascular warm up and stretching to ensure that the body is ready for further physical demands, thus avoiding injuries. It is very important for members, parents and carers to appreciate, accept and understand that the practice of Taekwondo involves the use of kicks, blocks, strikes, sparring, self-defence. It must also be pointed out that, in some cases, contact may be required as in self-defence and sparring. However, students will not be permitted any form of contact when sparring until he/she has reached a certain degree of control in his/her basic moves.

Experience has shown that new starters have a minimal risk of injury from slipping or falling, which can occur when overexerting / trying too hard. Expect some muscle aches the next day, but be careful not to try too hard! Dorset Taekwondo Association instructors and members will ensure, as far as reasonably practicable, the health and safety of participants. It is equally important that all participants also look after their own health and safety by behaving sensibly and with care whilst attending a training session.

Health Protection

New Starters, members, parents or guardians must inform the instructor of any health problems, which could affect the student when training. Also please advise the instructor of past injuries, accidents outside normal training sessions, and any new health issues. DTA may require a medical certificate confirming that the student is fit to practice Taekwondo.

All accidents must be reported immediately to the instructor and recorded in the "accident book".

The use of drugs other than prescribed/permitted by a doctor is strictly prohibited.

I the undersigned being the member, parent or carer, acknowledge that I have read, understood and accepted all the points detailed above – please ensure you discuss with your club instructor if there is anything you are unsure of before your first session, and before signing this form.

Signatures

Member Name	<input type="text"/>	Signature	<input type="text"/>	Date	<input type="text"/>
Parent or Guardian	<input type="text"/>	Signature	<input type="text"/>	Date	<input type="text"/>
Instructor	<input type="text"/>	Signature	<input type="text"/>	Date	<input type="text"/>

New Starters contact details TELEPHONE NUMBER & EMAIL address

New Starter Emergency contact details