Littleover Taekwon-Do Club

Acceptance of Risk

Littleover Taekwon-Do club ("the club") teaches ITF style Taekwon-Do martial art. This includes a combination of striking (punching), kicks, elbows, knees and locks / throws blended into a co-ordinated syllabus.

The content will of course be appropriately modified to the age range in question, and to the level of experience.

Martial arts – as with all sports – carry an inherent risk of injury or harm and it is essential that you are fully aware of these dangers. Whilst your instructor will always do what is possible to minimise these risks and mitigate the possibility of harm occurring, there are certain dangers that are unavoidable.

Because of the nature of martial arts – and unarmed combat training – there is a managed exposure to potential risks throughout training with the club. These include, but are not limited to, Slips, Trips, Sprains, Falls, Cuts, Abrasions, Contusions, Swelling, Concussion, and in some more uncommon cases, breaks and other injuries. Whilst the club's safety record is exemplary it's important to us that you understand the nature of what you / your child is participating in, and that you understand and accept risks associated with participating.

There is an element of physicality within all of our classes, and general physical activity is part of the training. All participants have the right to stop training at any point should they not feel comfortable performing any set technique or exercise, and they are under no pressure to complete any drill, technique or exercise if they do not wish to. The instructor will make clear before the session all rules and important safety guidelines.

Your / your child's co-operation with fellow students, and their attention to the instructor, is essential and we would ask you to, as condition of participation, ensure you / your child listens to and fully complies with instructions carefully to help avoid injury.

You are welcome and encouraged to speak to the instructor if you're not completely at ease with the risk associated with participating, or not completely confident about what our classes entail.

Please ensure the instructor is aware of any medical conditions or injuries relevant to your child BEFORE the class commences.

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