

Hello and welcome to the world of taekwondo!

You might experience some nervousness as a new student as you don't know what to anticipate. However, engaging in Taekwondo training is a great method to enhance your physical and mental well-being, as well as your self-assurance, self-control, and self-defense abilities.

When you begin your journey as a Taekwondo student, you can anticipate a number of things:

1. **Gaining a foundational understanding:** The first few classes will be devoted to teaching the fundamental punches, kicks, and blocks. Everyone starts at the beginning, so don't worry if you initially find them a little difficult.
2. **Taekwondo has a belt ranking system,** with different colored belts indicating varying levels of proficiency. As you advance through the rankings, you'll acquire higher-ranked belts. Enjoy the process and keep in mind that Taekwondo is a journey as opposed to a destination.
3. **Self-control and respect:** Taekwondo depends on self-control, respect, and honor. You'll be expected to follow the rules of the dojo, bow to your instructor and fellow students, and show respect at all times.
4. **Sparring:** As you progress in Taekwondo, you may have the opportunity to participate in sparring matches. This is an important aspect of the martial art and helps you to improve your reflexes, timing, and footwork. Here at W1 we have a well trained and close nit competition team that with enough dedication you'll be able to join one day.
5. **Fitness and conditioning:** Taekwondo is an excellent workout that can help improve your cardiovascular health, flexibility, and endurance. You'll be doing a lot of stretching, jumping, and kicking, which can help to build muscle and improve overall fitness.

As a new student of Taekwondo, always remember to take it one step at a time and stay patient with yourself. Everyone starts as a beginner, and with time, effort, and practice, you'll become a skilled and confident martial artist.

We look forward to seeing you in one of our future classes.

Good luck on your journey!