

THE KEY (Ki) MARTIAL * ART * SPORT * COMBAT BOOK

STUDENTS & PARENTS

Your guide to safe
and successful training
with Ki Combat Taekwondo



May 2021
Version 1

By
STEVE BLOMELEY

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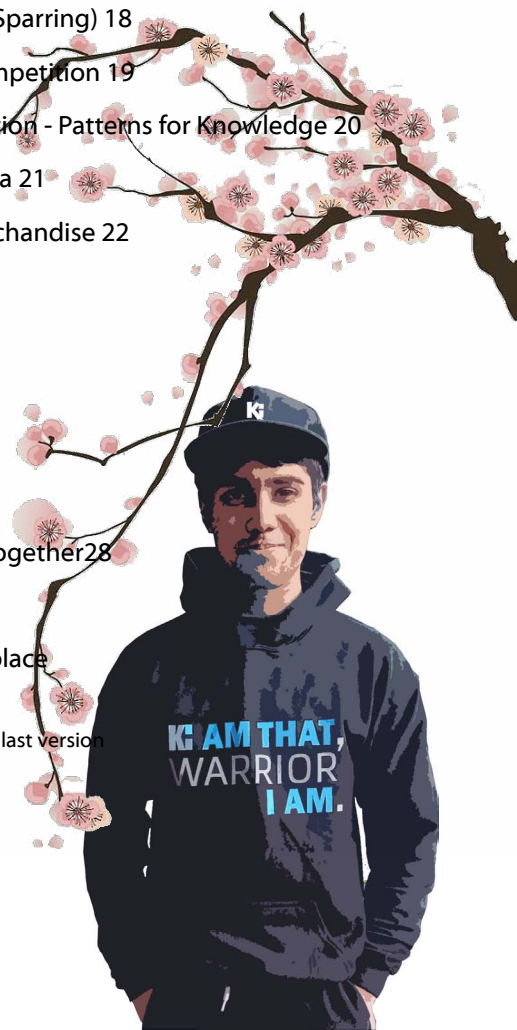
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WHO IS THIS KI (KEY) BOOK FOR?



Students

Key Ki-dz

Ki Adults

Taekwondo Teens

Parents

Partners

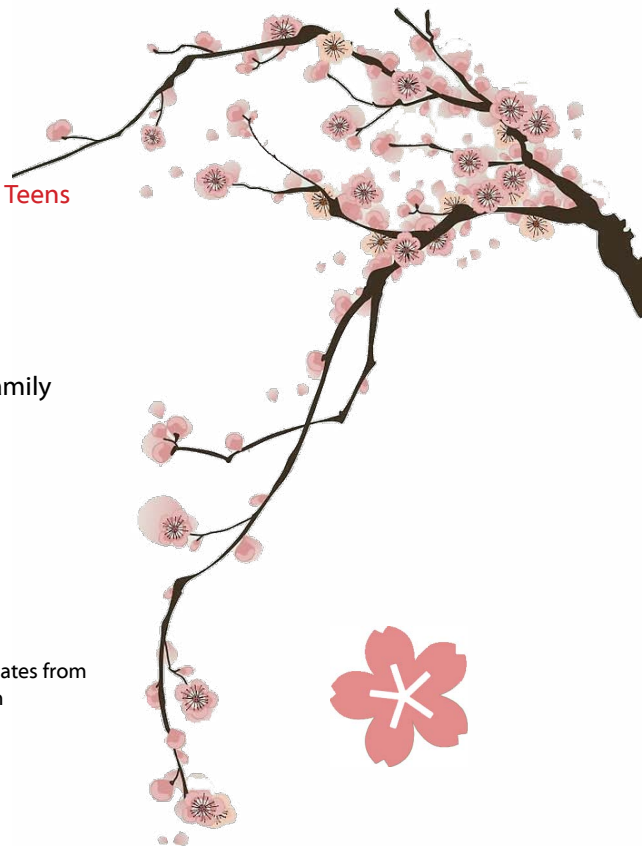
Friends & Family

Instructors

Coaches

Athletes

Important updates from
the last version

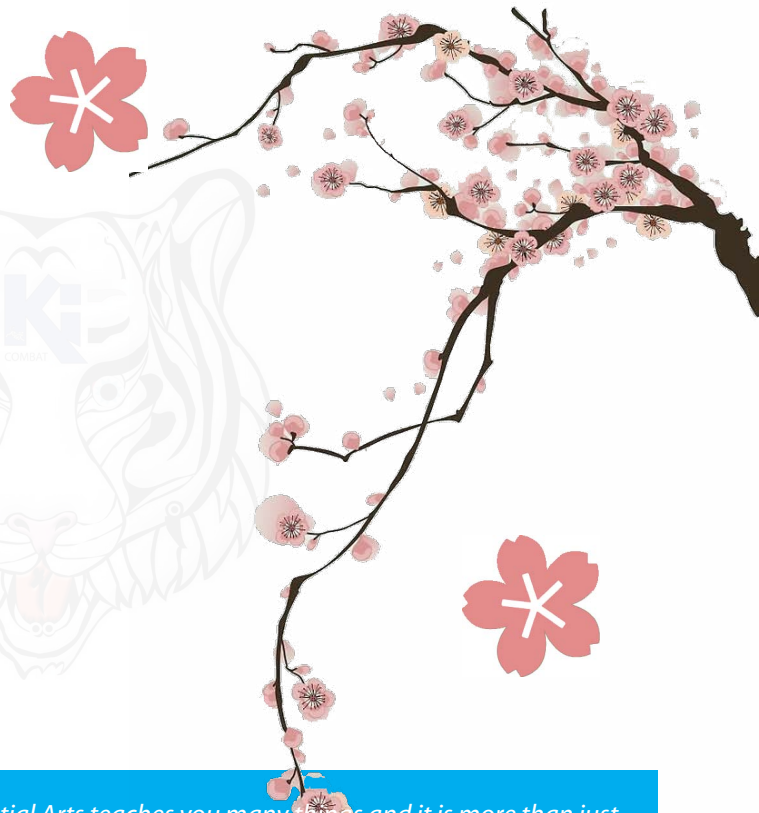


STRONGER TOGETHER

It's key (ki) that we all work together rebuilding our great club now that we are beginning to come out of lockdown. A club is only as good as its members and the pandemic has certainly highlighted many issues that we can improve upon going forward into the future...



Martial Arts teaches you many things and it is more than just Ki-cking and punching. It helps you not only in your physical and mental fitness but can show you many life lessons plus develop life skills making lifelong friends along the way. It can help a student become a leader and a great member of the local community embodying all the qualities of a good member of society!...



PRINCIPLES of TRAINING

1. Planning

2. Motivation

3. Recognition of Individuality

4. Practice

5. Performance Assessment

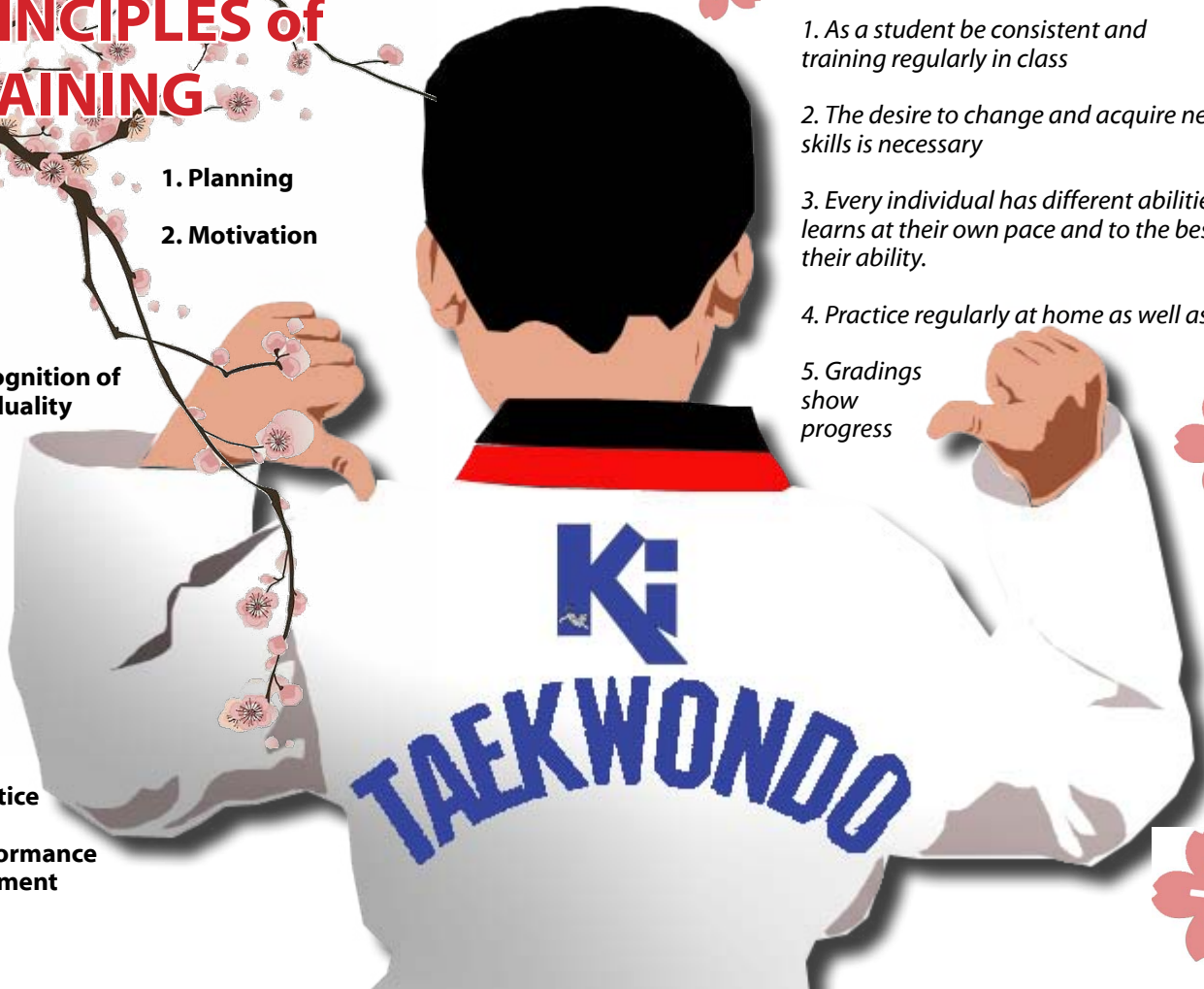
1. As a student be consistent and training regularly in class

2. The desire to change and acquire new skills is necessary

3. Every individual has different abilities and learns at their own pace and to the best of their ability.

4. Practice regularly at home as well as class

5. Gradings show progress



HANDS, FACE, SPACE - COME ON AND KI-CK IT WITH US!

Now that we are back indoors training at Ki Taekwondo dojangs please ensure you follow the social distance guide lines regarding arriving and leaving the premises. The under 18's can all train pretty much normally now plus we can teach adults on a 1:1 coach/student ratio or individuals can do their own practice at a workstation within our clubs.

All being well restrictions will be further lifted in the month of May enabling our older members to get back to training as they used to. We've worked very hard behind the scenes during each lockdown trying to engage the students via online sessions, homework videos and outdoor sessions when permitted. We've completed the necessary risk assessments to satisfy the various bodies and venue owners so that we can get back ki-cking at our full capacity as soon as possible.

Master Blomeley and Ki Taekwondo thank all those students who went above and beyond helping their clubs behind the scenes setting the tone so that we may return to play as quickly as possible...



A LICENCE TO THRILL

After your initial trial period in the club it is necessary especially for those that want to compete, attend seminars etc that you acquire your licence via the NGB, as Ki Taekwondo is a fully recognised group in British Taekwondo

Please speak to your Instructor who will guide you on what to do for your application online and payment that is needed initially and then renewed every year through the hub.



YOUR MARTIAL ART JOURNEY WITH...



Training with Ki Taekwondo or Ki Combat enables you to study the Korean Martial Art of Taekwondo and other arts with a very experienced set of certified instructors and coaches via the Kukkiwon & World Taekwondo who have all got different experiences and skills. Many of them have medalled at high level competition over the years and the Chief Instructor continues his own CPD via training with some of the most sought after Martial Art Instructors in the world, absorbing into Ki different concepts & principles thus furthering his own and the groups Martial Knowledge not just being sport orientated.

INTRODUCTION - A KEY TO WHO AND WHAT WE ARE

Ki Taekwondo was originally formed from the class that was started by Master Blomeley's Instructor over 4 decades ago. Stephen took over the original club when his mentor and good friend left to live and work in America. The original class was at Ridge Danyers college in Marple, Stockport . The Name Ki was decided upon as it is the Korean word meaning energy whereas the Chinese call it Chi.

As Master Blomeley's training progressed he went down a path which many didn't go down and began looking at what was hidden within the forms or patterns of Taekwondo - Kata being the equivalent in Karate! The Kata, Poomsae, Palgue, Hyung forms contain various techniques including pressure point work and it is this Ki energy in the human body that Martial Artists study to be able to utilise against their attacker in self defence scenarios etc and are not sport orientated although the chief instructor was also reasonably successful on the competition circuit winning various national championships.

Today he is more focused on developing certain knowledge for the combatives of the art and hopes that the younger generation instructors will carry on competing & developing the sport side of Taekwondo as he brings other training concepts and principles into the fold further developing all the students of Ki Combat and Ki Taekwondo.



BEFORE YOU TRAVEL TO TRAINING

Students or Parents of students it is always advisable to have a light snack maybe an hour before training. Don't have a heavy meal. Make sure you bring with you a suitable drink for rehydration for both during and after your session.

Make sure your uniform (dobok) is neatly ironed or the attire that you will be training in. Don't forget your belt or other equipment for sparring etc. Allow plenty of time to get to class so that you are on time and ready to train when class is brought to attention. Remember you are a student of the Martial Arts so practice mindfulness, good etiquette and manners etc as it is all part of the discipline. Remember the Tenets of Taekwondo -

Courtesy - Integrity - Perseverance - Indomitable Spirit - Self Control



AT YOUR DOJANG



Remember the Tenets of Taekwondo - Bow as you enter or leave the Training Hall

Be Courteous at all times - Sit cross legged & back straight if not training

Respect your elders or senior belts - No Idle chit chat and do not speak when the coach or instructor is speaking

THE BELT SYSTEM - YOUR RANK! THE COMPETITION FORMAT! THE DO or KI COMBAT WAY!

There are 10 grades up to Black Belt. Treat getting to Black Belt as an entrance exam not a final destination as you are in a way only just beginning on your incredible journey to mastery of a Martial Art. Each Coloured belt has a tag or strip in between the next coloured belt (kup grade) i.e yellow belt green tag means your studying and practicing for your next belt which is green belt.

The colours signify White (beginner) - Yellow (the earth in which the seed is planted) - Green (the plant is growing) - Blue (the sky, the plant is reaching to further it's knowledge) - Red (danger, a warning colour to both opponent and oneself to exercise restraint as you are getting quite good now) - Black (proficiency in the basic techniques i.e not mastery or expert as is the big misconception in the western world)

Competitors compete against kup grades until they are red belt. Once red you will have to fight in the Black Belt division!



KI EQUIPMENT

We would like all students to purchase their own protective equipment for class training which can be got through the club Instructor. If every student has their own Hogoo (body armour), Headguard, Arm & Leg protectors then they are better prepared for the sparring format and get used to the competitive side of Taekwondo plus it helps you develop better techniques understanding what is needed in a contact sport...



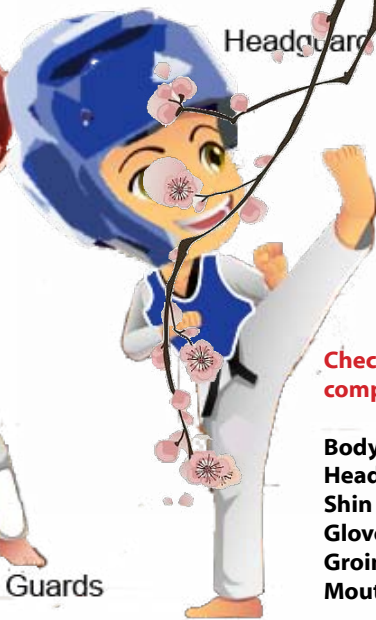
Male/Female
Groin Protector



Hogoo - Body Armour



Forearm and Shin Guards



Headguard

Check List for competitions

Body Armour
Headguard
Shin and Arm
Gloves
Groin Guard
Mouth Guard

UNIFORM - DOBOK

Your uniform which is called a dobok can be bought via the Club. Kup Grade students wear white uniform with their coloured belt whereas Black belts are recognised via their dobok which has a black V shaped collar to match their Black belt.

Ki-dz who are below the age of 15 years who get to Black Belt are called Poom Grade and wear a half red half black collared uniform with a similar belt. They automatically turn over to Dan Grade when they come of age.

As Taekwondo is based on a military system students are expected to be very presentable and not look shoddy in appearance cultivating that self esteem and pride in what they do.



SPORT TRAINING

Modern day competition at high level is fought wearing PSS or electronic scoring armour and headguards whereas at the lower end of the spectrum the players wear the traditional old style hogoo and scores are awarded via the corner judges...

At Ki clubs we do have specific designated training sessions to enable the fighters (players) to practice getting used to the sparring methods, techniques, ways to score that are permitted within the rules of World Taekwondo plus as it is an officially recognised Olympic Combat Sport one has to practice constantly to begin to see success on the mat. British Taekwondo has different levels of competition to enable students to develop fairly and safely.



KI COMBAT TRAINING

Ki Taekwondo's Chief Instructor didn't start Taekwondo with the mindset of becoming a competition player although he thoroughly enjoyed his competitive years gaining many medals and titles. He started originally because he wanted to be able to look after himself and has never lost that original reasoning and has thus always continued to practice all aspects of the Martial Art. He has been fortunate to meet many highly skilled practicing Martial Artists and still continues to this day to learn off them hence why we have the Ki Combat.

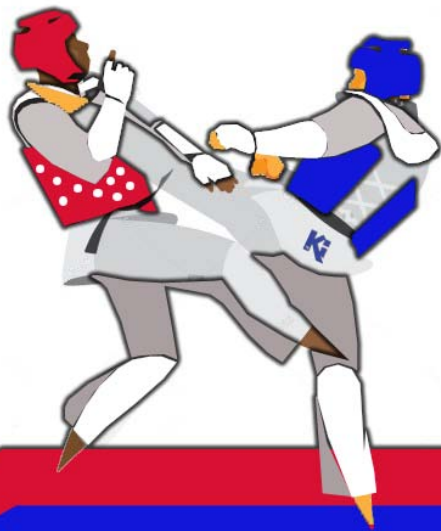
At the end of the day Taekwondo is first and foremost a Martial Art and contains locks, holds, takedowns, sweeps, throws, breaks, dislocations and defences against armed assailants. We at Ki strive to practice all aspects of our art also taking on board that a lot of self defence requires situational awareness at first and there are times when it is a good idea not to be there in the first place if one can help it!

It doesn't always pan out that way sometimes and so it is very useful if a student has some grasp of combatives and self defence especially in this modern world where we are seeing more and more crime or anti social behaviour being displayed. The traditional ways of martial art didn't really have a sporting mindset as it was more of an outlook to be able to deal with a situation and get away from it safely. That may include looking after your family members too!



KYORUGI COMPETITION

(SPARRING)



Belts

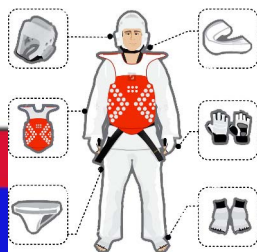
Taekwondo athletes also tie a coloured belt around their waist.

The colour signifies the competitors' ranks in their sport. The belts range from white to black belts.

The belt system is divided into 10 grades, or gup, and nine degrees (dan).

Grades start from white for beginners, through to yellow, green, blue, red and the highest is black.

The black-belt holders, who are the most experienced, are further graded as 'dan' from the first degree up until the ultimate ninth level.



KYORUGI COMPETITION

(SPARRING)

KNOW YOUR SPORT: TAEKWONDO RULES, SCORING AND EQUIPMENT

Equipment and facilities

Taekwondo is a combat sport between two fighters in the same weight category.

The centre of the competition area is octagonal-shaped and measures 8m in diameter.

Contestants must wear a dobok or a white competition uniform.

Additionally, they must have a trunk protector, head protector and, for male athletes, a groin guard that is worn under the dobok.

The taekwondoist must also be equipped with forearm and shin guards, gloves, sensing socks, and a mouth guard before entering the competition area.

Head protection is usually firmly tucked under left arms when entering into the competition area and is worn when instructed by the referee.

The valid points are:

One point for a valid punch to the trunk protector

Two Points for a valid kick to the trunk protector

Four points for a valid turning kick to the trunk protector

Three points for a valid kick to the head

Five points for a valid turning kick to the head

One point awarded for every penalty (known as gam-jeom) given against the opponent

POOMSAE FOR COMPETITION! PATTERNS FOR KNOWLEDGE!

(FORMS)

Poomsae, Kata, Hyung, Palgue, Jura are all sequences of preset movements of attack and defence against a visualised opponent. They are a Mnemonic, a memory aid to help the student practice solo.

Modern day there are pattern competition based on how pleasing techniques are performed in sequence on the mat in the manner set out by the competition format of World Taekwondo. Originally though they were designed to contain a myriad of techniques to incapacitate or disable an armed aggressor with many hidden concepts and principles being applied to subdue your assailant. Each grade that a student achieves they are required to learn a new form for advancement in the art of Taekwondo.



WEBSITE & SOCIAL ME-DIA!



DrPrem.com/Quotes

Self-awareness is the golden key to making life-changing decisions and sticking to them.

DR PREM JAGYASI



Please like & share our social media sites such as the facebook pages to help highlight your club and the great things we offer in the community ...



E-mail: kitaekwondo@hotmail.co.uk

Parents/older students please be mindful of what you post yourselves plus also remember that you need permission to record or take photographs inside our dojangs especially with children...



Ki COMBAT GEAR

For Combat - For Sport - For Training - For Casual - Order yours from the club



CLASS CONDUCT

Sanitise hands
on entering/
Leaving the
building before
you go in the
training room

Bow on entering & leaving

Respect each other, your elders
and your seniors

No drinks or food on the mat

No Bullying

No disruptive behaviour

Respect the rules and regulations of the club

Training fees in on time

Help the club junior members



CLUB RULES & REGULATIONS

KI TAEKWONDO/KI COMBAT CLUBS
KI TAEKWONDO ASSOCIATION CLUB RULES



Amended 2021

1) Ki Taekwondo practices WT Taekwondo and Ki Combat other type of Martial arts including weapons and adheres to the Syllabus and WTF Poomsae for promotion in the Korean Martial Art

2) Ki Members must hold a Current BT/WT/Ki licence for traditional martial art training and renew annually at least two weeks before deadline fines are imposed by British Taekwondo.

3) Students must wear the correct WT Uniform and Belt for traditional classes and competition, also a correct graded belt. No shoes other than TKD Approved Shoes must be worn. Specific Sport training/Ki Combat training students can wear the designated branded material at the discretion of the Chief Instructor/Coach.

4) Protection: All students who are going to do WT Style competition sparring must wear full WT Approved Protection, including Head gear and Body Protector. It is advised that a gum shield is worn. Traditional no contact/semi contact class sparring just dobok or suitable branded attire is required

5) Food and drink: No alcohol, food or smoking is permitted during training. Mobile Phones must be switched off to avoid distraction and interruption of the lesson.

6) Medical Issues: Students with medical problems e.g asthma must bring prescribed medication and the Instructor must be informed. Any injury however slight must be reported to the instructor and entered in the medical book , if not this could invalidate your insurance.

7) Spectators: Parents and other spectators must keep as far away from the training area as possible and not interrupt the lesson. Parents must arrive early to pick their children at the end of the session and keep noise down to a minimum whilst classes are being held. Attending competitions students and parents/family members are representing the club and should behave accordingly. Taekwondo is a contact sport as well as a martial art and abusive language or anti social behaviour will not be tolerated. Cheer your child/friend/family member on but do not be abusive or negative to our opponents who will generally be friends from clubs across the country.

8) Ki Taekwondo Students are not allowed to train at any other Taekwondo clubs other than the listed Ki Taekwondo clubs unless one has informed your instructor and permission has been given. This is for Insurance purposes and to keep the syllabus in line, plus it is one of the tenets of Taekwondo to be courteous and respectful to your Instructor/seniors. If a student moves away from the area the Instructor can advise on a suitable club to train with.

9) Fees: Students must pay fees up front. Monthly fees should be paid at the beginning of every month - It is the students responsibility to attend their designated classes on time every time and should also inform the instructor if you cannot attend for a particular reason.



10) Grading: Students who want to grade must be licenced. They must wear a full Uniform. They must have undertaken both the required time period and also attended the minimum number of lessons between gradings. Kup gradings are held every 3-4 months and Dan Gradings twice yearly. Rules are stricter for Dan grading candidates, and The Ki Taekwondo Chief Instructor will evaluate, each case on their suitability to grade.

11) Photo Policy: All students applying to Join Ki Taekwondo will be asked to agree to a Photo policy to use for promotion of our club both nationally and in Local papers.

12) Leaving: If a Student wishes to leave a Ki Taekwondo club it is expected that they inform the Instructor as a sign of respect, to be courteous and to enable the book keeping to be kept up to date. If any Instructor or coach from another group is "flirting" with our students to encourage them to go and train or join their club that student or parent should inform the Chief Instructor/Instructor immediately as it is potentially a disciplinary within the NGB and is greatly frowned upon. Instructors/Coaches work extremely hard behind the scenes trying to build their clubs up for the benefit of the students and to enable them to achieve good success in their chosen art.

13) Support: It is expected that all Ki Combat Taekwondo Students support their Club, any criticism of the club in the media, or any disrespect to our Chief Instructor or Instructors will result in immediate expulsion.

14) Ki Taekwondo runs an Open student policy, allowing all races, genders and religious persuasions to train and compete. We also do not discriminate on the grounds of disabilities and it is expected that all our members respect this.

15) Any problem arising within the club must be raised immediately with the Chief Instructor of Ki Taekwondo. Ki Taekwondo runs a Child protection Policy and Ethical Policy within our Organisation. Personal matters must not be brought into the Training hall, and students with Injury/s or feeling unwell must not attempt to train and must report this to your senior Instructors.

16) Competitions: Students wishing to compete in competitions must be fully licensed, have done the necessary training, also have the adequate WT Protection. All entry fees must be paid up front or Students will not be inserted into the competition. Also Students must be aware of how they are getting to the Venue and sort out their own transport unless the club has organised group transport

17) Instruction: Ki Taekwondo/Ki Combat have designated Instructors and no one else is allowed to teach without the Chief Instructors permission. If the designated Instructor does not turn up the lesson is automatically cancelled or one of our other Ki Taekwondo/Ki Combat Instructors can conduct it if in attendance. At times The Chief Instructor/Instructor of a Ki Taekwondo club will be away due to holiday, competition, teaching or attending his own CPD. Generally one of our other Instructors would cover the class - if not then the sessions may be cancelled for that period.

18) Data Protection: Ki Taekwondo will hold all the personal details of its members these will not be given out unless instructed by the student to any other person or organisations, and only used for club contact details and competition information any change of address or change of medical circumstances must be flagged up to the Instructor.

19) Ki Taekwondo will not tolerate Physical verbal or any form of aggressive behaviour in the club. The Chief Instructor has the right to expel any student if this sort of behaviour is observed or reported which could also lead to a disciplinary via the NGB. Also members who perhaps take club funding money which was given in good faith for the development of Ki Taekwondo or its clubs via courses paid for by the friends of Ki Taekwondo committee and then suddenly leave for their own hidden purpose/agenda taking away the benefit that it was intended for the club and other Ki Taekwondo members, that could also result in a disciplinary and viewed criminally. At best it is completely dishonest and unethical.



KI-CKSISTERS

Ki-icksisters is the name given to the ladies training with us and boy can they ki-ck! Taekwondo training is for everyone and the skill sets can be learnt by both genders. Many women through Ki Taekwondo have gone on to become very proficient Black Belts in the art making great friends along the way in their journey.

The clubs are also a place to interact and socialise with other like minded individuals. So Mums, don't forget if you're dropping your ki-dz off why not consider that you could actually also be training in the program even alongside them too at a certain age or mixed classes once restrictions are lifted further!

Taekwondo is a great way to tone up, control weight, get fit and flexible plus you learn the awesome self defence that it has to offer under the guidance of your instructor. It helps you develop confidence and great self esteem too!. Why not come on and Ki-ck it with us or the rest of the ki-cksisters and have a FREE trial lesson in our very friendly club.



KEY KI-DZ & TINY TAEGER'S



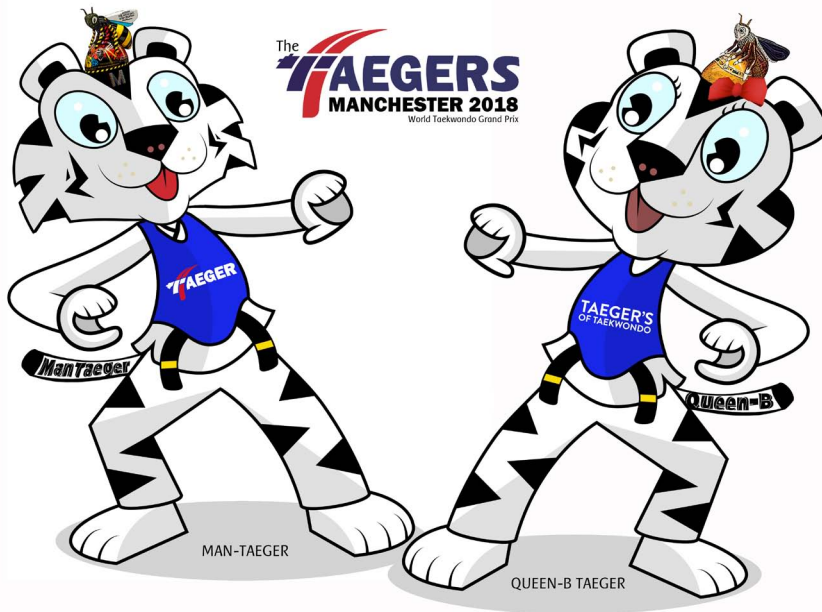
The Tiny Taegers class is ideal for the key (ki) Ki-dz to begin to learn to interact with each other training and having fun. Of course you just never know who you could be training next to at times as Ki Taekwondo's mascots Taeger the Tiger, Tiger Kwon, Tiger Tae, Tiny Taeger, Rio the Taeger Cub, Man-Taeger, Grand Master Taeger and Tokyo Taeger could be around for a session much to the delight of our little Tigers.



THE TAEGER'S OF KI TAEKWONDO

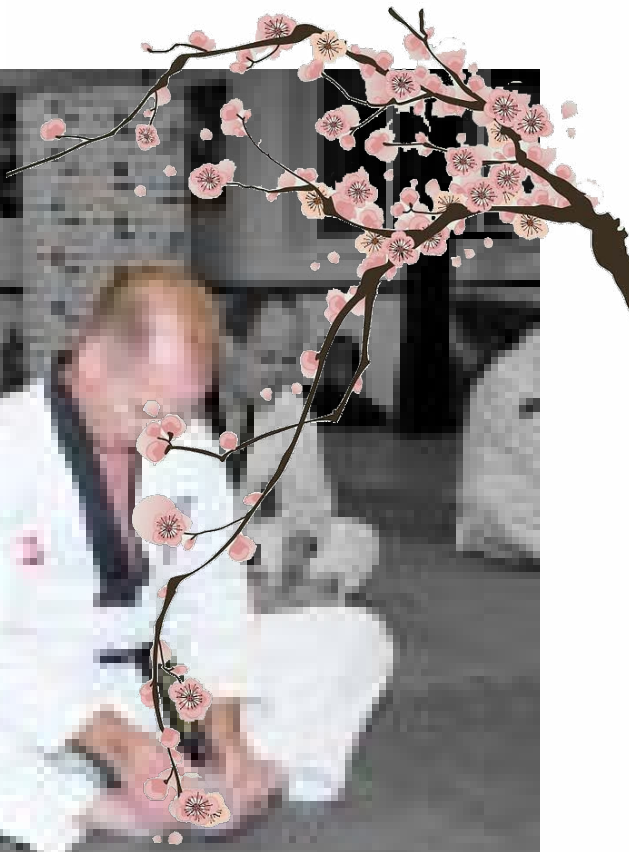
The Taegers of Taekwondo mascots were created by Steve Blomeley to encourage, engage and entertain the Ki-dz in his club but have since become associated as the GB mascots being at every British Grand Prix event and the World Championships Manchester cheering on our friends such as Jade Jones (double Olympic and World champion, Bianca Walkden (3x World Champion, Aaron Cook (World and European medalist, Lutalo Muhammed (Olympic medalist), Bradly Sinden (World champion), Amy Truesdale (GB Para Olympic star) to name but a few of the

The
TAEGER'S
MANCHESTER 2018
World Taekwondo Grand Prix



A FAMILY THAT IS KEY (KI) TO YOUR FUTURE PHYSICAL & MENTAL FITNESS!

Come on and Ki-ck it with us at Ki Taekwondo



TAEKWONDO TEENS A KEY DEVELOPMENT PHASE for YOUNG ADULTS

Growing and developing fast the Teenagers can excel even more with consistent regular training at Ki setting goals of achievement in Taekwondo, which carries on throughout their lives in a positive manner. There's so many paths that they can travel on be it as a competitor, coaching, helping teach, refereeing and all the time earning a world wide recognised degree as a Black Belt in World Taekwondo



**TAKE STOCK a PORT is A PLACE YOU CAN FIND
REFUGE TO RECOVER AND RECUPERATE YOUR
PHYSICAL AND MENTAL WELL BEING...VIA
TRAINING IN KI MARTIAL ARTS CLUBS!**

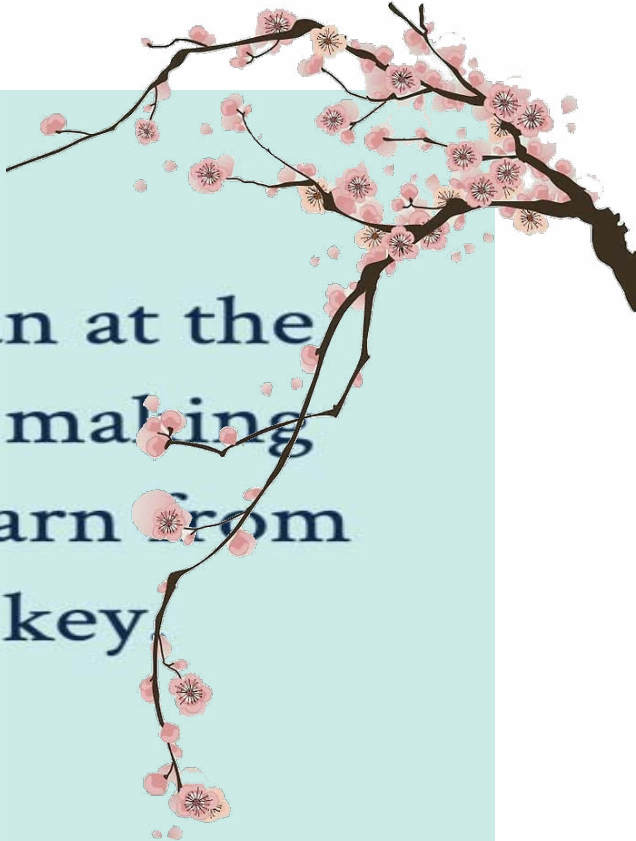
Like everybody else Ki Taekwondo has endured a storm over this past year due to all the restrictions and lockdowns. The Chief Instructor has tried to keep everyone informed and when and where possible do a little bit of collective training when it was allowed.

Our dojang (training hall) is situated inside a park which has some very nice settings and outside we looked upon it as our port where we could take some refuge recover and re-cooperate trying to at least keep our spirits up and maintain a little bit of fitness and keep good mental health under the very frustrating and trying circumstances

We learnt a lot about ourselves and a few others who didn't step up to the plate when needed. We are a family of Martial Artists but also we are all continuously students of "The Way of The Warrior" It's now time to get back to training, build up our physiology, build and repair our bodies and outlook so that we may go forward in the future to get our great clubs back to full capacity enjoying what the discipline has to offer and bring us in life.

Come and experience us, join in the training, enjoy the fun and the fitness inside our dojangs. Martial Arts are for everyone, they bring so much knowledge, life skills and life lessons for YOU, your families and the local community plus we have a very big national network out there to enjoy as well - Let's get KI-cking!





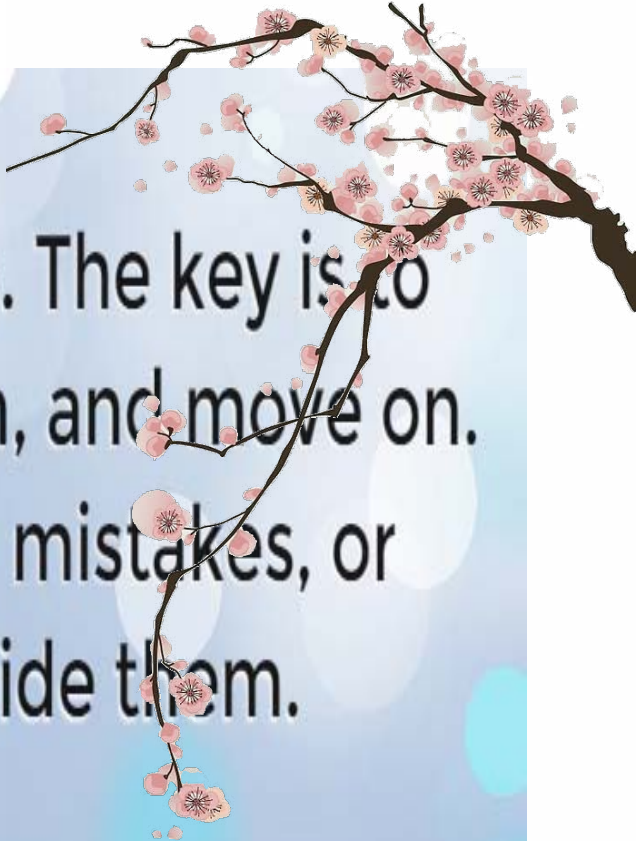
We're all human at the
end of the day, making
mistakes. But learn from
them is the key

- Kendrick Lamar -



Remember, making mistakes is part of the process. The key to success is to make mistakes quickly, and recover quickly, and keep forging forward."

— Kevin J. Donaldson

A decorative illustration of a dark brown cherry blossom branch with several pink flowers and buds, extending from the top right corner towards the center of the page.

All of us make mistakes. The key is to
acknowledge them, learn, and move on.
The real sin is ignoring mistakes, or
worse, seeking to hide them.



기
TAEKWONDO