



## **WELLINGTON HAPKIDO ACADEMY**

*(Affiliated to the World Kido Federation/Hanminjok Hapkido Association)*

Wellington Hapkido Academy is a non-profit club with the purpose of teaching Hapkido to each member as a means to learn self-defence, enable fitness and encourage well-being.

### **I WISH TO JOIN**

Name: (first)..... (last) .....

Contact phone: ..... Email: .....

Address: .....

.....

Emergency Contact:: Name: .....

Phone: .....

### **LOCATION**

The Dojang is located at: Budokan Martial Arts Centre (off Adelaide Road).  
6 Oxford Terrace, Mt Cook, Wellington

### **FEES**

Fees are to be paid in advance by automatic payment or internet banking to the club bank account:

**Wellington Hapkido, Westpac Bank, Cuba Street branch, 03-0510-0774583-00**

Adult Class: \$60 per month paid in advance

Junior Class: \$40.00 per school term paid in advance

### **CLASSES**

ADULT	Monday and Thursday nights 6pm – 7.30 pm - Instructor run Saturdays 10am – 10.45am during school term – own instruction 3.30pm – 5pm - Instructor run
JUNIOR	Saturday mornings 10.00am – 10.45am during school terms A Guardian must be present for the junior class.

There may be occasions when an Instructor is not available to take a class and class has to be cancelled. Every effort will be made to let you know.

## **IF MY APPLICATION IS ACCEPTED I AGREE TO THE FOLLOWING:**

1. My fees will be up to date.
2. I will ensure that before commencing each class my uniform (Do-Bok) is clean and tidy, all jewellery including rings and watches are removed, and finger-nails and toe-nails are trim.
3. The Instructor will call the class by clapping hands; similarly class is not finished until *after* the call has been made to tidy uniforms and hands are clapped.
4. Instructors are pleased to discuss any questions you may have *after* the finish of class.
5. If you are late, bow change and join at the back of the class. If at any time during class you wish to be excused, approach the Instructor and bow, and explain your request.
6. Welcome any visitors and introduce them to the Instructor. If you are bringing friends please ensure that they are aware of these rules.
7. Safety is given a strong emphasis as the practice of Hapkido can result in injury.

## **PHYSICAL HEALTH**

If you have any medical conditions (including old injuries) that may affect your ability to take part in martial arts training please inform the instructor.

## **COMMITMENT**

To gain an understanding of what Hapkido involves, it is suggested a commitment of three months be made.

***Sign up and pay for 3 months in advance to receive a free Do Bok (uniform)***

## **UNIFORMS**

Initially a long sleeved sweatshirt and track pants are acceptable. After one month a uniform should be obtained (by then you will understand why).

A lightweight white cotton training uniform can be provided as part of the sign-up process when the joining fee has been paid. This can purchased for \$50 and we can obtain this for you or you can purchase from a martial arts shop direct. Part of the uniform is the patches which are required from blue belt on. A set of the four Hapkido club patches is available for \$50.00.

## **SAFETY**

Safety is paramount. Some moves will only be performed with a senior belt instructing.

For sparring and grading the following safety equipment applies (adult classes only):

- Mandatory: Groin guard; Mouth guard (no sparring will be allowed without these).
- Optional but highly recommended: Shin pads; Fingerless gloves (wrist straps optional).

## **PROGRAMME AND GRADING**

### **Adult Programme**

A student will be graded when the club instructors judge the student to be ready. This takes into account: memory and technique; speed; concentration; attendance. Fees are payable before grading at which time all other fees must be up to date.

A student who commits to regular attendance and study can expect to grade as follows:

Beginner white belt (Pal-Gup)

Minimum of: 3 months to Yellow belt; then  
3 months to Blue belt; then  
3 months to Blue belt single red tip; then  
3 months to Blue belt double red tip; then

*To contact or for more information phone Joanne on 027-726-7232 or hapkidowgtn@gmail.com*

3 months to Red belt; then  
3 months to Red belt single black tip; then  
3 months to Red belt double black tip; then  
3 months to Red belt double black tip; then  
9 months to Black belt (1st Dan)  
Further dans by arrangement

### **Junior Programme**

Our Junior Hapkido programme aims to develop the student into a Junior Black Belt. There are 8 belt grades to work through on this journey which takes 3 - 4 years to complete. These grades mirror the adult Hapkido grades but the equivalent Junior Hapkido belt has a white strip running through it. Each belt grade is broken down into 5 stripes. Each stripe covers an aspect of our training programme. Once a student becomes proficient in a particular aspect for his or her particular grade, a tape stripe is earned and placed on one of the tips of their belt.

The Hapkido Junior Black Belt is a split colour red belt with a black stripe running through its centre. It also has the student's name embroidered on it.

Junior Black Belt provides an ideal platform to develop the skills to eventually attain an adult Black Belt which we don't normally award to students until they are at least 15 years old.

### **WELLINGTON CLUB INSTRUCTORS**

#### **Adult Class Instructors**

Dana Bidgood (3rd Dan)  
Mark Conchie (3rd Dan)  
Peter Macleod (2nd Dan) Club Founder

Mark Pickup (2nd Dan)  
Darryl Conchie (2nd Dan)  
David Ollivier (2nd Dan)

#### **Junior Class Instructors**

Mark Conchie (3rd Dan)

Joanne Conchie (1<sup>st</sup> Dan)

### **HAPKIDO FEDERATION OF NEW ZEALAND**

NZ Founder Grandmaster Lee Jung Nam, 9th Dan Hapkido; 9th Dan Taekwondo. Head of Hapkido New Zealand and Chief Instructor: Master Callum Forbes, 6th Dan Hapkido (Upper Hutt club). The NZ web site is [www.hapkido.org.nz](http://www.hapkido.org.nz).

We are affiliated to the World Kido Federation/Hanminjok Hapkido Association - one of the largest Korean martial arts associations in the world with over 600 member clubs in South Korea alone and over 350 member clubs worldwide.

### **DISCLAIMER**

I the undersigned, acknowledge that participation in Hapkido training and related activities involves unavoidable risks. I agree to accept these risks. In the event of any personal injuries to myself or to any person(s) that I am signing on behalf of, or for any damage or theft to any personal property, I agree that I will not hold responsible the Wellington Hapkido Academy, any instructors or students or for any injuries, damages or losses incurred in the normal course of training.

### **I HAVE READ AND AGREE TO ABIDE TO THESE RULES**

Name: .....

Signed: ..... Dated: .....

Signed: .....

(parent or caregiver signature required if student is under 16)