



# ***Beginners Information Package***

## **Welcome New and Prospective Members.**

So, you are Interested in learning Taekwondo and/or Hapkido; congratulations because “every journey begins with only one small step”. If you are a beginner then that journey begins at White-belt level, and as soon as you purchase your first uniform you will receive your White-belt and shown how to put it on correctly.

It will be our pleasure to guide you through your Martial Art Career, help you grow and develop, as well as help you achieve your goals.

### **NPTHC - New Plymouth Taekwondo & Hapkido Club**

NPTHC is the only Martial Art School in New Zealand that officially teaches both Taekwondo and Hapkido; recognised by both national and world bodies (World Taekwondo, Kukkiwon, New Zealand Taekwondo Federation, Kuk Jae Hapkido, Hanminjok Hapkido and the World Kido Federation). Along with our Stratford branch club, we are the only martial art school in Taranaki that teaches Hapkido.

Taekwondo and Hapkido were both brought to New Zealand in 1975 by Grandmaster Lee Jung Nam (9<sup>th</sup> Dan Black-belt in Taekwondo and Hapkido); then a 6<sup>th</sup> Dan Black-belt in both martial arts. Grandmaster Lee was contracted by the New Zealand Government to teach our armed forces (including army and SAS) and police in hand-to-hand combat after he was realised from service with the Korean Special Forces. Grandmaster Lee tested his skills through two major wars (Korean and Vietnam), and while in Vietnam he was appointed to train the Korean, South Vietnamese, and American Army elites forces in hand-to-hand fighting.

Grandmaster Lee Jung Nam started NPTHC back in 1981 and the club was continued under two previous instructors until and our current Master, Steve Drummond took over in 1994.

Our current head Instructor is Grandmaster Steve Drummond who has been promoted to 7<sup>th</sup> Dan Black-belt in Taekwondo by Great Grandmaster Lee and World Taekwondo



president Chungwon Choue for his knowledge and teachings of traditional Taekwondo.

Master Drummond has also been learning Hapkido since 1994; first under Grandmaster Lee himself, and in the last five years under Master Callum Forbes (7<sup>th</sup> Dan Black-belt), who is the president of New Zealand Hapkido and took over from Grandmaster Lee on his retirement.

Master Drummond is also recognised as a Black-belt in Kuk Jae Hapkido and is a 1<sup>st</sup> Dan in Hanminjok Hapkido (World Kido Federation), as well as a certified World Kido Federation Instructor. Haminjok Hapkido (WKF) also incorporates elements of Kuk Sool Won; which is an elite Korean martial art. Training in Kuk Sool Won hapkido starts at Black-belt.

Taekwondo means “Way of the hand and foot” and is officially the most popular Martial Art in the world with 90 million practitioners in 205 countries within our international governing body, the “World Taekwondo” (WT). You can generally find at least one, if not many, Taekwondo schools in every major city in the world.



Hapkido means the "way of co-ordinated power" and is a Korean martial art that is often referred to as the "complete martial art of self-defence". Our world body, the “World Kido Federation”, has over 5000 schools worldwide including nine in New Zealand.

Taekwondo is thought to be over 5000 years old, however it has been proven to be over 3600 years old which still makes it the oldest martial art in the world.

After WWII Hapkido was formed by combining Daitō-ryū Aiki-jūjutsu with the native Korean Martial Arts; that later became Taekwondo. This created a very practical form of Martial Art with the striking of Taekwondo mixed with grappling and takedowns. Hence Taekwondo and Hapkido share many of the same techniques while still specialising in their own elements as well; about 60% of each art crosses over.

The core philosophy of both Taekwondo and Hapkido is to strive for harmony and balance, with you, other people, nature, and the universe.

### **Joining NPTHC**

To join our club, we require you to fill out the attached “Membership Application form” with the joining fee of \$20.00 per person. Further fees and costs are outlined on the attached “Club Fees and Policies”.

Once this is done, we will give you a student handbook (to keep), which can be used as a guide throughout your training with us. We also have Health & Safety, Child Protection, and code of conduct policies we invite you to read (if interested).

Below are some common questions and answers, which we hope will answer the most common questions. If you do have any other questions, please don’t hesitate to ask.

#### **Class Schedule:**

Kids Class (5 to 8 yrs): Monday & Wednesday 5:15pm to 5:55pm

Taekwondo & Hapkido: Monday & Wednesday 6pm to 7:30pm

Syllabus Specific Training: Monday & Wednesday 7:30pm to 8:00pm

**Location:** Bell Block Life Skills Centre, 155 Mangati Rd, Bell Block (off the walk way)

#### **Contact:**

Phone: 027 949 1773

Email: [npthclub@gmail.com](mailto:npthclub@gmail.com)

Facebook: [www.facebook.com/nptaekwondo](http://www.facebook.com/nptaekwondo)

Web: [www.npthc.co.nz](http://www.npthc.co.nz)

# NPTHC Common Questions and Answers:

## Are all martial arts the same?

The short answer is no; Martial Arts differ greatly from each other. Think of Martial Arts like a car; all cars are designed to get you from point A to B but how they do it, and their performance greatly differs. Martial Arts are a system of fighting, but the core philosophies, techniques, emphasis, and tactics differ greatly from style to style

## What makes WT Style Taekwondo and/or Hapkido different from other Martial Arts?

Please refer to our website [www.npthc.co.nz](http://www.npthc.co.nz).

## Is there a joining fee and what are the club fees?

Yes, there is \$20 joining fee, and outline of club fees is included with this.

## Are your belts recognised elsewhere (IE nationally and/or internationally)?

Yes, our club is registered with Kukkiwon (where the World Taekwondo (WT) is located) through the New Zealand Taekwondo Federation and Waiariki Taekwondo. All our Black belts are certified and recognised by the WT. In addition, our Hapkido Black-belts are recognised by the New Zealand Hapkido, Hanminjok Hapkido and the World KiDo Federation. You will likely find an Affiliated Taekwondo School in almost every city in the world. There is also 5000 affiliated Hapkido schools worldwide.

## How many Black Belts have you trained?

During his teaching career Master Drummond directly trained 18 students to Black-belt; one of which was the first woman with a major disability in New Zealand to reach Black-belt. Four others have done onto run their own clubs, and one is a Master in his own right now. He has also helped other instructors prepare their students for Black-Belt.

## How many belts are there?

There are 10 levels of coloured belts in Taekwondo and 8 levels in Hapkido before reaching Black-belt; and 10 levels of Black-belt. Each colour of the belt represents the student's growth through the art and has a different meaning. The belts range from white-belt through to 10<sup>th</sup> Dan Black-belt; however, the chart below only shows up to 4<sup>th</sup> Dan Black-belt in the Taekwondo syllabus.

Junior Grades	Intermediate	Advanced	Black Belts
10th KUP	6th Kup	3rd Kup	1st Dan
9th Kup	5th Kup	2nd Kup	2nd Dan
8th Kup	4th Kup	1st Kup	3rd Dan
7th Kup			4th Dan

5<sup>th</sup> Dan Black-belt is widely recognised as a Masters' level, 7<sup>th</sup> Dan Black-belt is a Grandmaster and 9<sup>th</sup> / 10<sup>th</sup> Dan Black-belt a Great Grandmaster.

## I am not worried about going up belts; can I just come along and train?

Yes, this is fine. If you stick with it for a while, you will get a comprehensive training and understanding of the basics; however, there is some merit going through the belt system.

Some people see the belts and ranks as being about "trophies", this is a misconception. There is a set syllabus to be taught to each belt/rank that includes the advancement of skills and knowledge through to mastery; like a school situation. The belts are a clear symbol that a level of skill has been achieved by the student and is the only thing that distinguishes one student from another in Taekwondo; this means that every race, religion, ethic group, skin colour etc. are treated equally.

## How do I go up a Belt?

Through a grading exam; this is test of a student's skills, experience, knowledge, attitude and mental fortitude to determine if they are ready to progress up a belt/grade. Black-belt level can be achieved five

to seven years of regular training or as little as three years if the student has had a fair bit of prior Martial Art experience.

### **Do you enter competitions?**

Yes, but you don't have to if it's not your thing. Competitions are a good way to test your skills against others of similar experience with a minimal risk of serious injury. We have a strong history of doing extremely well in competition fighting and producing champion fighters.

### **Do I need to wear uniform?**

No, not to begin with and not if you are casually training; gym gear or just some loose-fitting clothing is fine. If your clothing will allow you to move freely, and do kicks, it is perfect.

If you want to get serious about Taekwondo, continue training, move up belts and/or compete then you will be required to get a Taekwondo uniform.

We call the uniform a "Do-bok" (pronounced doe-bok) which is Korean. While the modern Do-boks are made from lightweight material the wearing of the Do-bok is steeped in centuries of important tradition.

The cleaning, maintaining, and wearing of the Do-bok (even down to the way it is ironed) shows pride and respect for one's self and others. Students are strongly urged to take full responsibility for all aspects of their uniform themselves; especially teenagers.

### **How much does a uniform cost?**

It is recommended you start off with a basic one which is about \$44.00 to \$48.00; all beginner uniforms include a White-belt. If you wish to purchase a uniform, a club committee member will organise one for you as we have access to wholesale discounts at most of the major suppliers.

### **Is there anyone famous I would know that has trained in Taekwondo (and/or Hapkido)?**

Yes, tonnes. A brief list is below:

Jackie Chan (Actor/Stuntman)	Bruce Lee (Martial Art legend/ Actor)
Muhammad Ali (Boxing legend)	Elvis Priestley (Singer)
Chuck Norris (Actor)	Billy Banks (Taekwondo creator/ Actor)
Arnold Schwarzenegger (Actor/Politician)	Jo Rogan (UFC)
Jennifer Garner (Actress)	Jessica Alba (Actress)
Michael Imperioli (Actor; <a href="#">The Sopranos</a> )	Rick Yune (Actor; <a href="#">The fast and the Furious</a> )
Donnie Yen (Actor; <a href="#">IP man</a> )	Dolph Lundren (Actor; <a href="#">The Expendables</a> )
Jean-Claude Van Damme (Actor; <a href="#">Kickboxer</a> )	Eric Roberts (Actor; <a href="#">The Dark Knight</a> )
Sean Patrick Flanery (Actor; <a href="#">Boondock Saints</a> )	Tony Jaa (Actor; <a href="#">Ong-bak</a> )
Gary Daniels (Actor; <a href="#">The Expendables</a> )	Michael Jai White (Actor; <a href="#">The Dark Knight</a> )
Lorenzo Lamas (Actor; <a href="#">Falcon Crest</a> )	Katheryn Winnick (Actress; <a href="#">Vikings</a> )
Devon Aoki (Actress; <a href="#">Fast and the Furious</a> )	Evan Rachel Wood (Actress; <a href="#">CSI/ Westworld</a> )
Ryan Phillippe (Actor; <a href="#">Flags of Our Fathers</a> )	Loren Avedon (Actor; <a href="#">King of the Kickboxers</a> )
Kaklil Kain (Actor; <a href="#">Juice</a> )	Daniel Bernhardt (Actor; <a href="#">Hunger Games</a> )
Gary Bussey (Actor; <a href="#">Lethal Weapon</a> )	Vince Murdocco (Actor; <a href="#">The A Team, X-men</a> )
Bas Rutten (UFC; <a href="#">Inside MMA</a> )	Noah Ringer (Actor; <a href="#">The Last Airbender</a> )
Sharon Stone (Actress; <a href="#">Basic Instinct</a> )	Jose Canseco (Major League Baseball)
Cynthia Rothrock (Actress; <a href="#">Blonde Fury</a> / Martial Art Woman's Legend)	
Sasha Mitchell (Actor; <a href="#">Dallas</a> )	David Lee Roth (Musician)
Phil Nickolson (Golfer)	Willy Nelson (Country & Western Singer)
Dave Mustain (Musician; <a href="#">Megadeth</a> )	Criss Angel (Magician)
Barack Obama (Politician)	Bill Clinton (Politician)
Anderson Silva (UFC)	Anthony Pettis (UFC)
Sarah Michelle-Gellar (Actress; <a href="#">Buffy the Vampire slayer</a> ) and many more....	

# NPTHC Club Fee Structure

## Please note that:

- The club fees are for membership to the NPTHC - New Plymouth Taekwondo & Hapkido Club and not for the number of trainings you attend for that period.
- Club Fees are to be paid in advance of the period they are for.

**Up to 2 free lessons for all new members.**

## Taekwondo National body registration and joining fee:

- \$TBC per calendar year (1<sup>st</sup> April to 31<sup>st</sup> March)

## NPTHC Club joining Fee:

- \$20 per family/ household/person

## Club Fee Structure:

- \$40 per month for all classes
- Casual rate per class: \$10 per class
- \$20 per month for consecutive (immediate) family member/s
  - **Note:** Where consecutive family member/s is in the different classes, the full paying member (1<sup>st</sup> family member) will be considered the person attending the senior class.

## Club Fee Payment options:

- Internet Banking (Preferred); also, weekly, or fortnightly payments accepted.
  - **TSB Bank 15-3948-0304803-00**
  - Please your initials and surname as reference. (EG: J Bloggs)
  - Weekly or bi-weekly payments are acceptable if paying by automatic transfer

## Uniform and equipment Price List:

Item	Description	Cost
Entry Level Uniform	Adult SMA Uniform	\$45.00
Entry Level Uniform	Kids SMA Uniform	\$45.00
Adidas Taekwondo Uniform	ADISTART white V-neck	\$60.00
Hapkido (only) Uniform	Hapkido Black Wrap around	\$75.00
Mooto Taekwondo Uniform	Mooto BS4 Uniform	N/A
Embroided Club Logo	Club Logo on the back of the uniform	\$25.00
Uniform Badges (Set of 4)	New Zealand organisation patches	\$25.00

# What makes NPTHC Different?

**No other Martial Art club in Taranaki can claim:**

## **1. Real, Practical, and proven self-defence.**

At NPTHC the self-defence we teach is the same that special forces are taught and has been proven to work in life and death situations.

Great Grandmaster Lee Jung Nam has a distinguished career of teaching hand to hand combat to special forces units from Korea, USA, Vietnam, and New Zealand. The same techniques Great Grandmaster Lee taught to special forces units, he also taught to Grandmaster Drummond; our head Instructor.

Grandmaster Drummond is currently ranked 8<sup>th</sup> in the world for competitive self-defence and teaches NPTHC students how to use biomechanics to defend against multiple attackers.

## **2. Competition results:**

NPTHC has entered a mixed martial art competition (Taranaki Multi-style Martial arts championship) and taken out the best fighting team trophy 3 straight times.

NPTHC is not just known for exceptional sparring results, but also patterns, self-defence, and Dive-rolling.

We have current, and past, Taranaki, North Island, New Zealand, Oceania, and World Champions all training at NPTHC. At NPTHC we train champions!

## **3. World Class Instruction:**

Grandmaster Drummond trained the world championship team of 8 members; winning 6 golds, 3 silvers and 2 bronze and the world Champs held in Busan, South Korea, in October 2019. The best results form a New Zealand based team at the world champs!

While in South Korea Grandmaster Drummond also received commendations and awards from the Prime Minister of Korea, Senior Army Generals, and various other dignitaries for his knowledge, expertise, and promotion of the Korean Martial arts.

At a Grading in December 2020, a panel of four top masters declared the standard of skills and techniques taught at NPTHC is the best in country!

*“I trained at NPTHC because I wanted to be the Best; to be the Best I have to train with the Best!”, “Master Drummond’s influence truly stretches across oceans”  
– Former Student (now teaching in Dallas, Texas, USA)*