

## Competitions

The RITA runs several well organised tournaments around the country each year, and students are encouraged to take part (although participation is optional). We also travel away to competitions abroad - photo below from 2007 Welsh Open. At Black Belt level, the opportunity is there to compete at European & World Championships (as many of our students have done).



## Gradings

Gradings are the promotional exams through which people advance through the various levels in Taekwon-Do and are held approximately every three to four months. The average time taken to go from beginner to 1<sup>st</sup> Degree Black Belt is between 3 and 5 years.

## Senior Instructor Profile

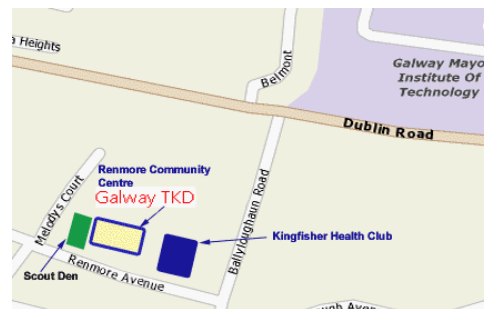


Mr Mark O'Donnell holds the rank of 6<sup>th</sup> Degree Black Belt and is an ITF certified International Instructor, Umpire, & Examiner. With over twenty years experience, he has trained under the world's top Masters including the founder, General Choi. All classes are taught either by Mr O'Donnell personally, or by other qualified Black Belt Assistant Instructors.

## Class Programmes & Times

### Venue

All classes are held in the Renmore Community Centre, Renmore Avenue, Galway (turn off Old Dublin Road at Dawn Dairies, and take the first turn on the right - the centre is just after the Kingfisher Health club).



### Teen & Adult Beginner Classes

13 years and older. Mondays from 7.00—8.00pm. Classes typically consist of stretching and exercise, fundamental Taekwon-Do movements, pad & target work, as well as practical self defence techniques.

### Childrens Taekwon-Do Classes

Wednesdays from 7.00pm to 8.00pm. Classes are for 7 to 12 year olds (generally) and are as such tailored towards this age group, working on motor skills and co-ordination with a high level of Taekwon-Do content, discipline and skill games.

### Intermediate & Advanced Classes

13 years and older. Mondays and Wednesdays from 8.00—9.00pm.

Tel. Mr Mark O'Donnell on (087) 7970646 or email [instructor@galwaytkd.com](mailto:instructor@galwaytkd.com) for more information on any of our classes.

[www.galwaytkd.com](http://www.galwaytkd.com)

# TAEKWON-DO

**GALWAY TAEKWON-DO SCHOOL**  
Excellence in ITF Taekwon-Do Since 1993



태권도

Classes in the Korean Art of Self-Defence for male & female, junior and senior, held in the Renmore Community Centre, Renmore Avenue, Galway.

Senior Instructor:  
**Mark O'Donnell 6th Degree**  
ITF International Instructor

Tel. (087) 7970646  
Email: [instructor@galwaytkd.com](mailto:instructor@galwaytkd.com)



[www.galwaytkd.com](http://www.galwaytkd.com)

## About Taekwon-Do

Put simply, Taekwon-Do, or the 'Art of Hand and Foot' is a Korean martial art which utilises scientifically devised hand and foot techniques to provide a unique system of unarmed self defence.



The founder of Taekwon-Do, **General Choi Hong Hi**, refined and developed these movements and through extensive scientific research and development, Taekwon-Do has evolved into one of the most effective martial arts in the world.

Today, Taekwon-Do has become one of the most popular martial arts in the world because anyone, regardless of age, sex, and size, can benefit from it's training, and the instructors of the Galway Taekwon-Do School are proud to continue to teach authentic Taekwon-Do as taught by the founder.

The Galway Taekwon-Do School is a member of the Republic of Ireland Taekwon-Do Association (RITA), and is affiliated to the Europe ITF Taekwon-Do Federation (EITF) and International Taekwon-Do Federation (ITF).

All classes are taught by qualified Black Belt instructors to ensure a consistently high standard of tuition.

## Benefits of Taekwon-Do

Taekwon-Do offers a wide array of physical and mental benefits for people of all ages:

As well as learning to defend yourself there are many other benefits:

- You will develop overall fitness: strength, endurance and flexibility. Due to the nature of the Taekwon-Do techniques your body will develop the ability to perform fast and powerful movements.
- It helps you to develop a good physique by promoting the loss of excess weight, and developing muscle definition.



- Through training you will learn self-discipline, gain self-confidence, which will naturally extend into your personal and social life and improve your quality of life.
- Children in particular can benefit from Taekwon-Do by developing good coordination, concentration and spatial awareness at an early age. Our experience has shown that children experience a more rapid acceleration of these skills from Taekwon-Do compared to the usual activities they are likely to experience in school.
- There is also a social benefit as you meet new people and make new friends.

## Frequently Asked Questions

### Do I need any previous experience?

No previous experience is necessary. All you need is the desire to learn! Our beginners' classes are tailored for new students with no previous martial art training.

### What will I learn?

The beginners' programme is essentially an introduction to Taekwon-Do, consisting of stretching and exercise, fundamental Taekwon-Do movements, pad & target work, practical self defence techniques, and the philosophy of the art.

### Do I have to be an athlete to train?

No. Everyone trains at his or her own level. If you are not used to hard physical training, that's fine. You will find that your strength, endurance, and flexibility increase steadily as you work out. If you are a conditioned athlete, don't worry, you will get a good workout also. We welcome students of all backgrounds and abilities. Taekwon Do can be rewarding for anyone who wants to train.

### What should I wear?

Loose fitting clothing which allows freedom of movement is best, e.g. a tracksuit and t-shirt. You don't need to get a Taekwon-Do uniform right away.

