



Connacht Taekwon-do Academy

(Chief Instructor: Mr. S. Fitzgibbon, 6th Dan)

Dear Student

I would like to welcome you to this Taekwon-do school. It is our hope that you will enjoy exploring this great form of self-defence on your way to achieving the coveted black belt. In the *Connacht Taekwon-do Schools* we ensure the highest standards and safety in the instruction of the Korean Martial Arts. Our instructors, members, parents and visitors are bound by the Code of Ethics and Good Practice in Children's sport as set out by the Irish Sports Council and adopted by Connacht Taekwon-do Academy. The Association membership fees are €25 for those under 17 and €30 for those over 17. They are due at the time of joining for new members and are renewable every September. **Please note there is no Personal Accident Insurance available through this school. Members are advised to have their own cover in place.**



Training costs €60 per month and is payable monthly by direct debit after a one month trial period. This entitles the student to train many times per week between the Galway and Gort venues.

Please give the following details IN BLOCK LETTERS.

Name: _____ Phone: _____ Mobile: _____

Date of Birth: _____ Address: _____

_____ Date: _____

How did you hear about the Academy? _____

E-mail (necessary for news/updates): _____

Do you accept that like many other activities Taekwon-do training involves the risk of injury and that you participate at your own risk? _____

Do you have any injury or medical condition that could be affected by exercise? _____

If yes, please elaborate: _____

Do you have any serious allergies, e.g. to medications, etc..? _____

Signature: _____

Code of Conduct for Sport

The Connacht Taekwon-do Academy is fully committed to safeguarding the well being of all its members. Every individual in the organisation should at all times, show respect and understanding for members rights, safety and welfare and conduct themselves in a way that reflects the principles of the organisation and the guidelines contained in the code of Ethics and Good Practice for Children's Sport in Ireland.

See www.connacht-taekwondo.com/codeofethics.html to view the entire and Code of conduct.

Membership Agreement

1. Training at the academy is subject to the rules and regulations of the academy.
2. Payment of the Association fees enables the student to membership of the academy and its governing body, the Irish United Taekwon-do Federation (IUTF).
3. Payment of the Association must be paid in full before membership commences. (A trial period of one class may be allowed.)
4. Membership may be terminated by an instructor for violation of any rules of the academy, or for conduct deemed by the instructor to be detrimental to the welfare, character or reputation of the academy or its students.
5. **Association/Class Fees are non refundable and non transferable. Members must notify the Academy in writing to terminate membership.**
6. The student acknowledges that he/she is in good health and not suffering from any injury or illness.
7. The student agrees that the academy is not responsible for the loss of any personal items or damage to personal property.
8. In the event of any dispute arising between a student and an instructor of the academy, the instructor's decision is final.
9. All students are required to be punctual as lateness disrupts classes and, as the warm up is a crucial part of any exercise session, skipping part or all of it can result in injury to the student at his/her own risk.
10. The student is required to purchase the first of the Academy Instructional CD-ROM series immediately for €5. It is a necessary training supplement and contains the course material.
11. On joining the academy the student automatically accepts and agrees to be bound by these conditions of membership to the academy.

I acknowledge that I have read carefully, and understand the membership agreement conditions and agree to abide by them.

Signature: _____

Date: _____

Your Instructors



Ms. Lisa Connolly

Ms Connolly is the highest ranking student of Mr. Fitzgibbon and is one of only five people in Ireland to achieve black belt in less than two years. Demonstrating an early thirst for learning and training she began assisting Mr. Fitzgibbon in classes while still a green belt. This proved to be an immense foundation for her and still proves valuable today. "Taekwon-do is not just a martial art, it becomes a way of life. It teaches determination, self-confidence, motivation, to become goal orientated, and how to push beyond barriers.

You can develop a mental and physical health that I feel little, if any, sports provide that will reward you for life."

Ms Connolly was recently promoted to 4th dan. This qualifies her as an international instructor and an examiner. Her training regime currently consists of two classes per week and 2-3 separate training sessions.



Mr Shane Fitzgibbon

Mr. Shane Fitzgibbon has been instrumental in spreading Taekwon Do throughout Galway and the west of Ireland. He is the second of his instructor's students to be promoted to 6th Dan black belt and is a member of the IUTF Executive Committee. Mr. Fitzgibbon is a graduate of NUI Galway (science) and is also a qualified ITEC sports instructor. He has featured as an author in *Irish Fighter* magazine and *Galway Advertiser* on exercise & health.

As a competitor, Mr. Fitzgibbon is the longest-serving captain of the Irish Senior Male Team and has also represented Europe three times winning gold on each occasion. He has won sixteen World medals in the space of ten years - six of them gold.