



PER ARDUA TANG SOO DO

1 CLUB CONSTITUTION

At **Per Ardua Tang Soo Do** we have a clear vision on what we want to achieve and the legacy we'd like to create. We welcome any further feedback on our current club constitution.

1. To provide a safe environment for members to practice and improve their martial arts skills in a controlled manner under the direction of a suitably qualified instructor.
2. To create a legacy of martial arts proficiency within the local community that will enable people to feel safe, be confident and improve their levels of fitness. To create a culture of care, discipline and respect that will enable the club's members to enjoy the benefits martial arts bring in and out of the dojo.
3. To work with the local community to create a club that is fully inclusive and representative of those within the community it supports. To offer support and guidance to students on all matters self-protection to enable more people to make sensible and smart decisions on staying safe.
4. To work hard as a club to continue monitoring and improving our internal standards to continue offering the very best levels of care and training for our students.
5. Subscriptions will be collected on a monthly basis as detailed below. Individuals will be responsible for meeting the costs of grading, personal kit purchase and travel expenses when they arise. Kit costs can be obtained from the instructors when required. New members will be given their first calendar month free of subscriptions to enable them to decide whether they wish to continue practising Tang Soo Do in the longer term.

Membership Costs Per Family Per Month: £7.50 for one, £12.50 for two, £15.00 for three.

6. Gradings will be carried out at the discretion of the instructors but normal every 4 months. Gradings will cost £15.00 per grading
7. The club will be governed by a committee consisting as a minimum the OIC, Treasurer and Secretary, supported by the Lead Instructor.
8. The Treasurer or Deputy shall be responsible to the OIC for collecting fees and subscriptions each month and keeping accounts and subscriptions books up to date and available for audit. The Treasurer shall ensure that monthly subscription are reviewed annually at the Annual General Meeting. The Treasurer shall also be responsible for depositing any monies collected into the nominated SIF account number 203475 in a timely fashion and for recording entries in the accounts book. The Treasurer shall be responsible for ensuring that a relevant encroachment agreement exists for any building used at RAF Waddington and for ensuring the club is suitably covered by SIF insurance. The lead instructors will ensure suitable public liability, professional indemnity and personal accident insurance cover is funded by the club.



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2 CLUB RULES

We value all those who interact with our club, and accordingly we insist on the following universal rules for the benefit of all our members and third parties. These rules are designed to be fair, simple and largely based upon common sense to ensure everyone can enjoy a safe, professional class.

- Everyone has the right to be treated with dignity, respect and consideration. Any person found not to be doing so will be asked to leave.
- Safety is our number one concern. If you have any concerns over your safety or the safety of any other person in the class you should alert your instructor immediately.
- Never attempt to do any exercise, technique or movement that you are not confident and comfortable completing.
- You should only train at your own pace and if you find the class is moving too fast, or if you should not understand the technique being demonstrated and/or find yourself becoming exhausted, please let an instructor know straight away.
- The techniques taught in our club must only be used in the defense of life and personal safety only.
- It is your responsibility to ensure you turn up to class fit and ready to take part, with a suitable amount of time prior to the lesson's scheduled start time.
- If you have any injury or medical condition you should let the instructor know ahead of the class.
- If you develop any injuries during a class, you should let the instructor know so they may complete an injury record and administer first aid accordingly.
- Swearing, smoking, drinking alcohol or any other form of abusive or anti-social behavior will not be tolerated.
- The instructor(s) has the ultimate say as to whether they feel you are fit to train or whether a rule has been broken.
- The session lead instructor will have the final say on the schedule and content of any training or grading session. Sparring will not be carried out unless a suitable first aid kit is available for use.

If you are unsure about any of the above, you should contact your instructor before taking part and discuss any concerns or questions with them. These rules may be updated from time to time; it is your responsibility to ensure you're up to date with the latest.

LAST UPDATED – 15 May 2022