

WEST COAST KOREAN MARTIAL ART CENTRE

Student & Parent Information Handbook

Established 2012

ITF Taekwon-Do



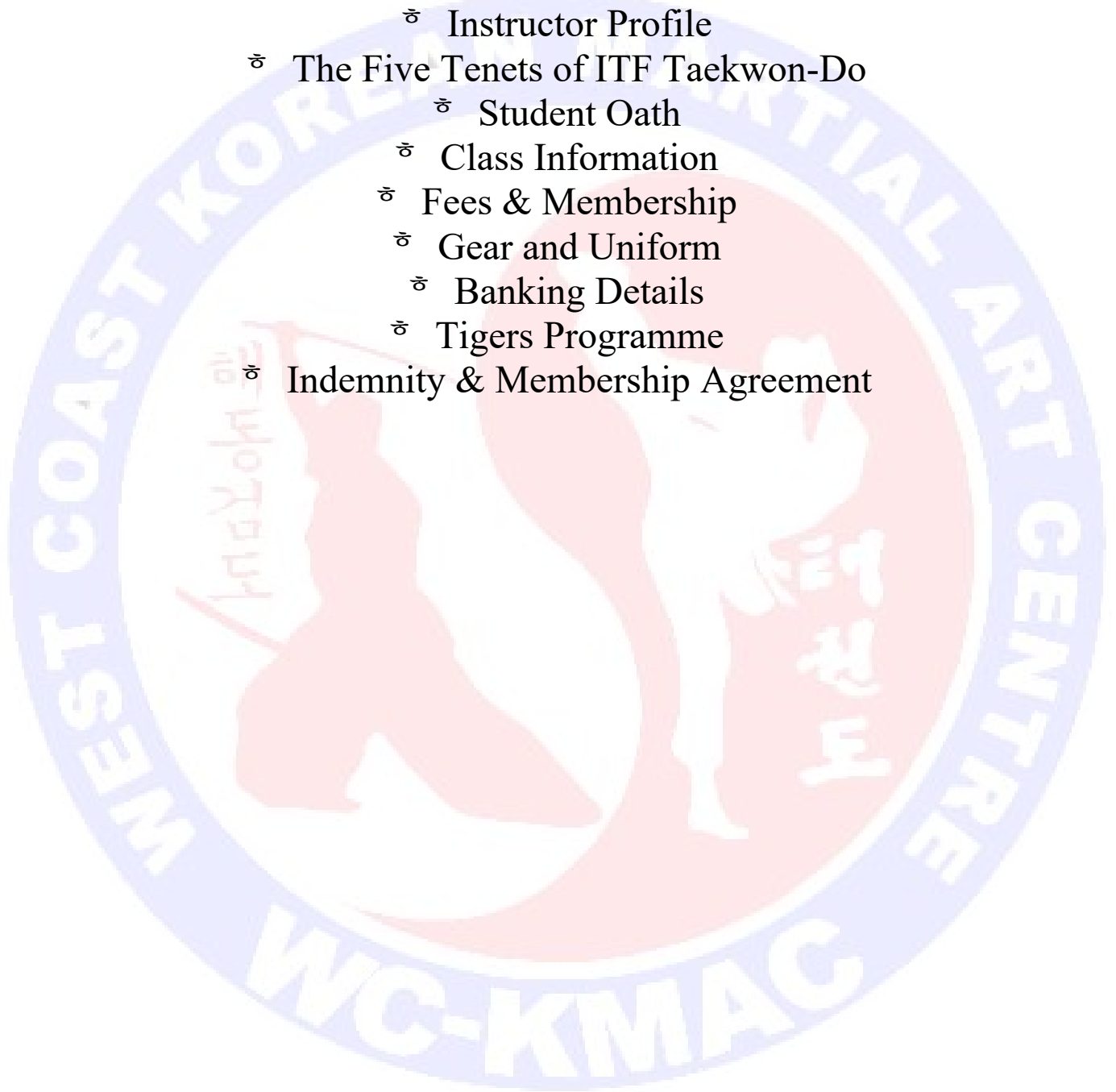
"Creating Confidence Through Ability, Calmness Through Understanding, Self-Growth Through Discipline."

Website: <https://wckmac.co.za>

Facebook: <https://www.facebook.com/MercuryTaekwonDo>

TABLE OF CONTENTS

- ☺ Welcome
- ☺ ITF Taekwon-Do
- ☺ Instructor Profile
- ☺ The Five Tenets of ITF Taekwon-Do
- ☺ Student Oath
- ☺ Class Information
- ☺ Fees & Membership
- ☺ Gear and Uniform
- ☺ Banking Details
- ☺ Tigers Programme
- ☺ Indemnity & Membership Agreement



Welcome to West Coast Korean Martial Arts Centre

More Than Martial Arts — Building Character for Life

Welcome to West Coast Korean Martial Arts Centre (WCKMAC).

Since opening our doors in 2012, WCKMAC has been committed to developing confident, respectful, disciplined, and capable individuals through the traditional martial art of ITF Taekwon-Do.

Our mission extends far beyond teaching students how to kick and punch. We believe martial arts is a vehicle for building strong character, developing leadership, encouraging perseverance, and preparing our students to face life's challenges with courage and integrity.

Whether you are joining to improve your fitness, learn practical self-defence, compete at tournaments, or simply become the best version of yourself, you are now part of a community that believes every student has unlimited potential.

Our Philosophy

At WCKMAC we believe that confidence comes from competence.

When students learn to overcome challenges, push through difficulties, and accomplish goals they once thought impossible, they begin to develop genuine self-confidence—not arrogance, but quiet confidence built on discipline, preparation, and hard work.

Every class is designed to strengthen both the body and the mind. Students learn valuable life skills including:

- Self-discipline
- Respect
- Perseverance
- Self-control
- Leadership
- Responsibility
- Confidence under pressure
- Practical self-defence
- Teamwork
- Goal setting

These lessons continue long after students leave the training floor and positively influence their performance at school, at work, at home, and throughout their lives.

Why ITF Taekwon-Do?

ITF Taekwon-Do is a traditional Korean martial art founded on scientific principles of movement and efficiency. It combines powerful techniques with discipline, respect, and continuous self-improvement.

Students develop:

- Strong technical skills
- Excellent physical fitness
- Faster reflexes and coordination
- Mental resilience
- Emotional control
- Respect for themselves and others

Our classes provide a structured, supportive environment where students are encouraged to challenge themselves while progressing at their own pace.

More Than Just Self-Defence

While practical self-defence is an important part of our training, our primary focus is developing character.

Through structured training, students learn to:

- Build confidence through achievement.
- Develop self-discipline and personal responsibility.
 - Treat others with respect and courtesy.
 - Overcome challenges with perseverance.
 - Remain calm under pressure.
 - Lead with integrity and humility.
- Protect themselves and those around them when necessary.

These life skills extend beyond the training floor and positively influence school, work, family life, and personal relationships.

A Family-Oriented Academy

When you join WCKMAC, you become part of a supportive community.

We celebrate one another's achievements, encourage each other through challenges, and create an environment where every student feels valued and respected.

Whether a student dreams of earning a Black Belt, competing at tournaments, improving fitness, or simply becoming more confident, every journey is equally important.

Our instructors are committed to helping each student progress at their own pace while maintaining the highest standards of safety, respect, and technical excellence.

Our Commitment to Every Student

Every student who walks through our doors is treated with respect, patience, and encouragement.

Whether you are three years old or sixty-three, a complete beginner or an experienced martial artist, our instructors are committed to helping you grow in confidence, ability, and character.

We don't simply teach martial arts.

We help develop stronger people.

Welcome to the WCKMAC family.

We look forward to walking this journey with you.

Meet the Founder

Barend Snyman

Founder & Head Instructor

West Coast Korean Martial Arts Centre

"A great instructor doesn't simply teach techniques—they help shape character, inspire confidence, and lead by example."

At the heart of West Coast Korean Martial Arts Centre (WCKMAC) is **Barend Snyman**, a passionate and accomplished martial artist with **over 30 years of training and teaching experience**.

Since founding WCKMAC in **2012**, Barend has dedicated his life to helping children, teenagers, and adults discover their potential through traditional Korean martial arts. His vision has always been to create more than just a martial arts club—it is to build a community where students develop confidence, discipline, resilience, humility, and respect that will serve them throughout their lives.

Qualifications

Barend holds multiple internationally recognised martial arts qualifications, including:

- **4th Dan Black Belt** – International Taekwon-Do Federation (ITF)
- **2nd Dan Black Belt** – Haidong Gumdo (Traditional Korean Sword Martial Art)
 - **Certified Combat Cardio Fitness Instructor**
- **Certified Self-Defence Facilitator** for schools, organisations, and community groups

Throughout his martial arts journey, Barend has trained under internationally recognised Masters and continues to expand his knowledge through ongoing study, training, and professional development.

Message from Barend

"Martial arts is not about proving you are stronger than someone else. It is about becoming stronger than the person you were yesterday. Every challenge you overcome builds confidence. Every lesson you learn builds character. Every step you take brings you closer to becoming the best version of yourself."

The Tenets of ITF Taekwon-Do

The Five Tenets of ITF Taekwon-Do form the foundation of everything we teach at West Coast Korean Martial Arts Centre. They are more than principles for training—they are values that guide how we conduct ourselves at home, at school, in the workplace, and within our community.

We encourage every student to strive to live by these tenets both inside and outside the dojang.

Courtesy (Ye Ui)

Courtesy is the practice of showing kindness, respect, and consideration towards others.

Students learn to be polite, listen attentively, use good manners, and treat everyone with dignity regardless of age, rank, or background. True martial artists understand that respect must be earned through their actions and extended to everyone they meet.

"Treat others as you would like to be treated."

Integrity (Yom Chi)

Integrity means doing the right thing, even when no one is watching.

A person with integrity is honest, trustworthy, and accepts responsibility for their actions. Students are encouraged to always act with honour, remain truthful, and uphold strong moral values in every aspect of life.

"Character is revealed by what you do when no one is watching."

Perseverance (In Nae)

Success is rarely achieved without persistence.

Perseverance teaches students to keep going when training becomes difficult, when goals seem far away, or when life presents obstacles. Every challenge overcome builds resilience, confidence, and determination.

Black Belts are not created by talent alone—they are created by refusing to give up.

"The greatest achievements come to those who never quit."

Self-Control (Guk Gi)

Self-control is the ability to manage your emotions, words, and actions.

Martial artists learn that true strength is shown through restraint. Students are taught to remain calm under pressure, make wise decisions, and avoid unnecessary conflict whenever possible.

Indomitable Spirit (Baekjul Boolgool)

Indomitable Spirit is the courage to stand for what is right, regardless of the circumstances.

It means facing fear with confidence, standing up for others, refusing to give up when life becomes difficult, and continuing to move forward despite setbacks.

This spirit enables students to overcome adversity with resilience, humility, and unwavering determination.

"Champions are not defined by never falling, but by always rising again."

Living the Tenets Every Day

At WCKMAC, the Five Tenets are not simply recited—they are lived.

Every class, every challenge, and every achievement provides an opportunity to grow as both a martial artist and a person. By embracing these values, our students develop confidence, discipline, respect, and strength of character that will benefit them for the rest of their lives.

Train with skill. Lead with character. Live with purpose.

My Student Promise

My name is: _____

Today, I make this promise to myself.

I promise to take responsibility for my thoughts, my words, and my actions.

I understand that my **thoughts** shape my **words**, my **words** shape my **actions**, and my **actions** shape my **character**. The person I become is determined by the choices I make every day.

I understand that strong character gives me the courage to think for myself instead of simply following others. I choose to make wise decisions because I alone am responsible for the direction of my life.

I promise to always give my very best effort.

I will not say, "I can't," or "It's too difficult."

When something is hard, I will keep trying.

I understand that every time I choose to quit, it becomes easier to quit again. Instead, I choose perseverance.

I am not a quitter.

I understand that life will sometimes be difficult. Every challenge I overcome makes me stronger, wiser, and more confident.

I will not fear challenges.

I will welcome them because challenges help me grow into the best version of myself.

I promise to show respect to my instructors, my fellow students, my family, and myself.

I promise to use my martial arts skills with wisdom, self-control, and integrity.

I will strive to live by the Tenets of ITF Taekwon-Do every day, both inside and outside the dojang.

This is my promise to myself.

No one else can live my life for me.

Every day, I will choose to become stronger in character, kinder in spirit, and better than I was yesterday.

This is my promise.

Student Signature: _____

Parent/Guardian Signature (if under 18): _____

Date: _____ / _____ / _____

Class Information

Training Schedule

At West Coast Korean Martial Arts Centre, we offer structured classes for students of all ages and experience levels. Our classes are designed to provide professional instruction in a positive, disciplined, and supportive environment.

Juniors (Ages 6–11)

Training Days

- ☪ Monday: 17:30
 - ☪ Tuesday: 18:00 (**Sea Scout Hall – Table View**)
 - ☪ Wednesday: 18:00
 - ☪ Thursday: 17:30
-

Seniors (Ages 12 & Older)

Training Days

- ☪ Monday: 18:20
 - ☪ Tuesday: 18:40 (**Sea Scout Hall – Table View**)
 - ☪ Wednesday: 18:40
 - ☪ Thursday: 18:20
-

Black Belt Programme

Our Black Belt Programme is designed to challenge and inspire our senior students while maintaining the highest technical standards.

Training

- Saturdays
 - HQ: **08:00 – 10:00**
 - Additional specialised training sessions will be announced throughout the year.
-

Training Venues

Girl Guides Hall – Flamingo Vlei

<https://maps.app.goo.gl/Kp2oqJUuyKQmWJV56>

Sea Scout Hall – Table View

<https://maps.app.goo.gl/t585JXVk5ifJtTCp7>

Membership Fees

Monthly Membership

Item	Required	Cost
Club Membership	✓	R825 per month
Annual Affiliation	✓	R650 per year

Membership Packages

Members who commit to longer training periods receive discounted rates.

Membership	Discount	Total Cost
3 Months	5%	R2,352
6 Months	10%	R4,455
12 Months	15%	R8,415

Family & Referral Benefits

We value families training together and students who help grow our academy.

Family Discount

Direct family members joining after the primary member receive:

50% OFF monthly club fees

(Applies to monthly membership only.)

Referral Rewards

Introduce a friend to WCKMAC and receive: **10% OFF your monthly club fees** / This discount applies for each successful referral and may continue until your monthly club fees have been fully discounted. *(Direct family referrals excluded.)*

Annual Affiliation

All students wishing to participate in official ITF activities are required to pay an annual affiliation fee.

Affiliation provides access to:

- Official Belt Gradings
- ITF Seminars
- Tournaments
- Special Events
- Registration with our international organisation

The affiliation fee applies to the calendar year and cannot be carried over to the following year.

Students who do not intend to grade or participate in official events during the year may apply for an affiliation waiver. Please speak to the Head Instructor for further information.

Membership Fees & Attendance

WCKMAC charges a **monthly membership fee**, not a fee per class attended. Your membership reserves your place in the academy and provides access to your scheduled classes, professional instruction, and all the benefits of being a WCKMAC member.

As with most sports clubs and gyms, your monthly membership fee remains payable regardless of attendance due to holidays, illness, school commitments, work, or other personal reasons.

If you do not wish to become a member, you are welcome to attend classes as a **casual visitor** at a rate of **R120.00 per class**. Visitor sessions are intended for occasional training only and do not include the benefits of full membership.

Gear and Uniform

Required Equipment

Equipment	Required Cost
Dobok (Uniform)	✓ R825 – R940
Sparring Boots	✓ R580
Sparring Gloves	✓ R570
Sparring Shin Guards	✓ R430
Gum Guard	✓ R150
Groin Guard	✓ R240

Optional Equipment

Equipment	Cost
Sparring Head Guard	R850
Focus Mitts	R570
Kicking Paddle	R480
Reversible Chest Guard	R765
Rubber Training Knife	R100
Rubber Training Gun	R180

Dobok (Uniform) Sizing & Pricing

Size	Height (Approx.)	Price
00	120 cm	R780
0	130 cm	R780
1	140 cm	R780
2	150 cm	R845
3	160 cm	R845
4	170 cm	R845
5	180 cm	R940
6	190 cm	R940
7	200 cm	R940

Wooden Swords (Coming soon)

Banking Details

Monthly Club Fees

Bank: Capitec Bank

Account Name: WCKMAC

Account Number: 1390593140

Reference: Student's Name

Equipment Orders

Bank: Capitec Bank

Account Number: 1403081997

Reference: Student Name & Order

All equipment orders must be emailed to wckmac@gmail.com and will be processed once confirmed by the Head Instructor.



Tigers Programme

Building Strong Foundations for Our Youngest Students

The WCKMAC Tigers Programme is specially designed for children aged **3 to 5 years**, providing a fun, safe, and engaging introduction to martial arts.

Our classes focus on developing the essential physical, mental, and social skills that young children need before progressing into our Junior Taekwon-Do programme.

Through exciting games, obstacle courses, and age-appropriate martial arts activities, children develop:

- Balance and coordination
- Listening and concentration skills
- Confidence and self-esteem
- Respect and good manners
- Self-discipline and self-control
- Gross motor skills
- Social interaction and teamwork

Our goal is not to create little fighters, but to help children build confidence, learn to follow instructions, and enjoy being active in a positive environment.

As each child grows in ability and maturity, they will naturally develop the skills needed to transition into our Junior Taekwon-Do classes with confidence and enthusiasm.

Class Information

Ages: 3–5 years

Training Days:

- Monday: 17:00 – 17:30
- Thursday: 17:00 – 17:30

Membership

Monthly Membership: R590

No annual affiliation is required for the Tigers Programme, as students do not participate in official gradings, tournaments, or ITF events.

The Tigers Programme is the perfect first step in your child's martial arts journey, helping them develop confidence, discipline, and a love for learning that will benefit them for years to come.

Indemnity & Membership Agreement

To ensure the safety and well-being of all students, parents, and instructors, every member is required to read and agree to the following terms before participating in any WCKMAC activities.

By signing this agreement, I acknowledge and agree that:

1. I understand that martial arts and physical training involve inherent risks, including the possibility of injury. While every reasonable precaution is taken to provide a safe training environment, I voluntarily accept these risks.
2. I release and indemnify West Coast Korean Martial Arts Centre (WCKMAC), its instructors, assistant instructors, volunteers, venue owners, and representatives from any liability for any injury, loss, damage, or death that may occur while participating in training, demonstrations, tournaments, seminars, camps, or any other WCKMAC activity, except where caused by gross negligence or unlawful conduct.
3. I confirm that I, or my child, am medically fit to participate in martial arts training. I understand that it is my responsibility to inform the instructor of any medical condition, injury, allergy, or change in health that may affect participation.
4. I agree to abide by the rules, policies, and code of conduct of WCKMAC and understand that failure to do so may result in disciplinary action or termination of membership.
5. I acknowledge that I have received and understand the current membership fees, payment policies, cancellation requirements, and any applicable late payment charges.
6. I understand that personal belongings brought onto the premises remain my own responsibility. WCKMAC accepts no liability for lost, stolen, or damaged property.
7. I give permission for photographs or videos taken during classes or official WCKMAC events to be used for promotional, educational, or social media purposes. If I do not wish for images of myself or my child to be used, I will notify the Head Instructor in writing.
8. In the event of an emergency, and if I or my emergency contact cannot be reached, I authorise WCKMAC to obtain appropriate medical treatment for myself or my child. I understand that any associated medical costs remain my responsibility.

By signing below, I confirm that I have read, understood, and accepted the terms of this Indemnity and Membership Agreement.

Student Details

Student Name: _____

Parent/Guardian (if under 18): _____

Student Signature: _____

Parent/Guardian Signature: _____

Date: _____ / _____ / _____