

## **QUESTIONS & ANSWERS**

Q. Where do we get the uniforms and equipment?

A. S.W.A.R supplies the uniforms and equipment.

Q. How long can uniform and equipment last?

A. As long as the uniform and equipment is taken care of properly it will last a long time.

Q. Can we use other martial arts uniform?

A. Only for the first couple classes.

Q. Why?

A. We would like to keep every student in the same uniform, it maintains uniformity, and the physical difference between students must be based on student performance not appearance.

Q. What is the cost of uniforms?

A. Uniform is \$95.00 including tax. Subjected to Change or promotion

Q. Will there be a charge for test?

A. Yes

Q. How often are the tests?

A. Minimum requirements every two months, but if the student requires more time, it is given according to performance and behavior

Q. How long before a student reaches black belt status?

A. Minimum two years but it depends on student's performance.

Q. Does the student participate in tournaments?

A. Yes. Very highly recommended

Q. Does the student have to participate in tournaments?

A. No, but is highly recommended, it gives the student a greater exposure to the entire Taekwon-Do family.

Q. Why should we train with SWAR?

A. We teach the original I.T.F Taekwon-Do. Master Joseph Cariati our head Instructor had trained and worked closely with General Choi Hon Hi the founder of Taekwon-Do before his passing.

Q. Where will the testing be?

A. Testing will be held at the Acton, Caledon East or the main club in Woodbridge.

Q. How often should a student practice /Train?

A. Twice a week in the Dojang, and 15 to 20 minutes at home every day. But we do know that a lot of children are in multiple activities and can only train at the Dojang once a week.

Q. What will be taught?

A. Self-defense, (lock up and take downs)

- sparring (light exchange of technique with a partner),
  - patterns (fundamental technique to assist in the development of concentration balance and building stamina),
  - Tae-Cardio (stamina building exercises).
  - Flexibility
  - Discipline
  - Board Breaking technique
  - Jumping technique
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