



TEAM ONE



WON SON TAEKWONDO TEAM ONE



TEAM ONE OLYMPIC TRAINING PROGRAM

What is Team One?

Team One is a competitive Taekwondo team composed of members of Won Son Taekwondo schools. Team One has athletes participating at all age and belt levels. Team One participates in the special Olympic classes designed by Grandmaster Son for the sole purpose of competing across the Province at a high level of competition. Olympic classes are outside of regular membership hours and are put on for the purpose of training the team to compete at peak form.

Who can become a member of Team One?

Team One is open to all students of Won Son Taekwondo. There is no selection criteria other than the students willingness to learn and train with a full commitment to the team and their individual growth.

What are the commitments required to be an active member of Team One?

Team One trains once a week together during the Olympic class. This class is a 2 hour training session designed to increase the students sparring technique and adequately prepare them for a high level of competition. Members of Team One are to attend a minimum of 50% of the Olympic Training classes in order to remain in good standing. Members of Team One Must wear WTF Olympic sparring gear ordered through our school. This is to ensure that The equipment being used meets the Olympic standard, and is WTF approved. It will be the students responsibility to purchased extra training accessories, team uniforms or any other item deemed necessary for the successful operation of the team.

Do I have to be on Team One in order to participate in tournaments?

No, tournaments are open to all taekwondo students. All students represent Won Son Taekwondo-Martial Art One At tournaments. Team one is designed to create a highly competitive group who represents our school at tournaments and trains specifically for the sport development during our Olympic practices.

What are some of the benefits of participating on Team One?

The Olympic classes are designed to enhance the students performance in the ring significantly. The intensity of our 2 hour training sessions will have a positive impact on speed, strength and stamina. There will be a focus on Scoring techniques, counter attacks and ring management. Detailed instruction and hands on practice allow the instructor to observe, measure and make provisions on an individual basis. This level of training puts the student on track for Provincial and National competition. Students may go on to compete for Team Ontario and Team Canada. In 2007 Rachele Caruso of our Niagara Falls dojang won the Canadian National title and went on to represent Team Canada at the Pan-American games this year winning bronze in her class.

www.wonsontaekwondo.com



WON SON TAEKWONDO TEAM ONE



REGISTRATION FORM

Name : _____ Age: _____

Height: _____ Weight: _____

Address: _____ City: _____

Phone # : _____

Emergency Contact: _____ Phone #: _____

Health Card # : _____

Health Concerns: _____

School Location: _____ Belt Level: _____

I _____ , by signing the above registration form , have committed to the training schedule assigned by Grandmaster Son. I understand that training is provided at no extra cost to the student. I will participate in at least 50 % of the Team One Training sessions provided to me by Won Son Taekwondo. I will advise my Instructors of the dates I am unable to attend. I agree to purchase any extra training equipment or team apparel deemed necessary for team Development. I will put forth a solid effort in my own development as a student, and approach all training with determination and integrity.

Student signature: _____ .

Parental signature: _____ .
(if under 18)

Date: _____ Instructor: _____