

WONDO



- Training info package for the parents

This club's info package includes detailed information about taekwondo training - how to prepare for the training, and important contact information of the coaches, and financial management. Please read this package together with your child, and save the important contact information.

- Where to look up the training schedule:

1. Please activate your child's MyClub account with an email, that is in your active use
2. Download the MyClub app on your phone. We send our newsletters via email and this app.
3. You can see the daily training schedule from our club's website's front page (wondo.fi). The whole season's training schedule can be found in the "Training schedule / Harjoitusajat" section.
→ One way to find out about changes in the training is to ask your group's instructor / Mari / Simo. Possible changes in the training will be sent via email (that's on MyClub account).
4. You can save your group's instructors / Mari's / Simo's phone number.

You can call / text / WhatsApp the quick questions. If you have something to ask or tell without urgency, please email us.

Mari 040 543 5381 / mari@wondo.fi
Simo 040 060 5951 / simo@wondo.fi

- You are able to join the training a little late at times. If you arrive late to training, please explain to the instructor why you're late to attend, and ask for permission to join in. If you sometimes cannot attend the training for some reason, you don't need to inform. Informing of your absence is important if you need to skip the training for a longer period, for example because of an injury or for some other reason.

- How to support your child's training as a parent:

Always talk with the instructor

You can tell your child at home that as a trainer you can always talk to the instructor, if something bothers you. The instructor will listen and help. Our training has a zero tolerance for bullying: the instructor wants to hear and know, if somebody feels bullied at the training. Talking about bullying will never cause any trouble to the person telling about it.

Make the new trainers feel welcome in our group

We frequently have new trainers coming to our club for a try out. You can encourage the child to be brave and introduce themselves first to the new ones. In the training, the more experienced trainers can show an example on how to train, and also teach and guide the new person, so that they feel welcome to join our group.

Failure is an important part of the learning

It's important to have fun in the training, but sometimes new techniques might feel too hard to learn or understand, and failing in learning new might feel overwhelming or upset.

Learning a new technique or new behaviour requires many repetitions, and only by trying again can you succeed and learn. Failure is in fact a perfect place to learn and try again! Whether it's a new kicking technique in training, or performing the kick in a belt test. Believe in yourself, try again, and remember to enjoy the process and training!

- Belt tests:

Once a season, trainers who have participated in enough training sessions, and also master the required techniques, can participate in a belt test. Belt test doesn't always happen for everyone automatically, but the instructors will give permission to attend the test. If the test is passed, you will graduate with a new belt grade.

The most important things in a belt test:

- Focus, listen to the instructions, and do your best
- Believe in yourself, and trust in your own doing
- Good attitude, cheer for others and don't give up even if you don't succeed
- Show your development in taekwondo techniques

The belt test fee will be sent usually before the belt test, and it must be paid before the test. A test that was successful needs to be celebrated! Sometimes the test isn't successful on the first try, and then you will have a chance to try out the test another time. The instructor will give you personally a new time for a second test.

- In all of request and questions about invoices or fees, you can contact our club's financial management via email:
talouspalvelut@wondo.fi

- You don't have to sign in to the new season, all you need to do is to attend the training. If you decide to quit, please inform us.

- Family discount:

- Our club has a family discount: if a second member of your family starts to train with us, the second member will receive a 20% discount from the training invoice. The discount is given to the invoice that's lower price. So if you have a sibling, or a parent who decides to start

training, you can look up the training schedule for you from our club's website (wondo.fi), and send an email request about the free try outs to Mari.

- Training suit:

Training suits can be ordered from all Finnish webstores. Our club has a collaboration with NipponSport, where you can get a 10% discount. Discount code will work on all of the products, except for those that already have a discount. When ordering from online, or visiting the actual store in Kaisaniemi, please use our club's discount code below:

Wondoale

www.nipponSPORT.fi

White belt comes usually come with the suit. The suit sizes go between 10 cm. The suit is recommended to buy little larger than too small, and you can roll up the sleeves if necessary. The collars must be white. Black collars are for black belt grades.

- Our club's own Facebook-flea market:

Our club's parents can change and recycle training suits, belts, and protective gears in our Facebook group "**Wondon junnujen vanhemmat**". The group is closed, but you will get permission to enter when you fill in the request form. Also old suits and gear can be donated to our gym for common purpose. You can also ask and offer for carpool/rideshare, traditionally our club members will join rides to competitions and camps.

- To do list for the trainer:

Remember to go through these things before the training and learn by heart:

- Clean dobok / suit / training clothes
- No watches, jewellery (if you have piercings please cover them with skin tape)
- Long hair must be tied, so that they don't get tied up and cause an injury
- Bring a water bottle always with you (even if you don't feel like drinking at home)
- Eat a filling meal at lunch, and maybe a few hours before the training, and also a small snack an hour or two before, so that you will have enough energy to train!

Here is a tutorial video for the prents and the child to learn to tie your belt before training:

 **Vyön sitominen - Gird your belt.**

<https://www.youtube.com/watch?v=S2T2nG1n3Mg>

WONDO in social media:

Join us in social media to support and share Wondo's events and hear about club's news:

 **Wondo**(Facebook)

 **Wondo.fi** (Instagram)

You can follow our club's competitors' results from kyorogi and poomsae competitions, results from our belt test events, news about our new courses and in general the basic living in our club for all ages. Welcome!



Enjoy and have fun in our training!

With regards, the Wondo instructors