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### **What do I need to join in a Taekwon-Do class?**

Joining in a Taekwon-Do class at Legacy Taekwon-Do couldn't be easier. All you need to do is wear comfortable sport clothing and come down to the Legacy Taekwon-Do Centre. Our friendly team will make sure you join the right class and have a great introductory training session. Bring your friends and have a combined group session.

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### **Do I need to train for many hours each week to see results?**

As with all new skills, the more you put into it, the faster your progress will be. However on average, if you take two 1 hour classes each week, you will feel fitter and more confident even after the first week of training. Remember, Taekwon-Do is about "one strike, one victory", so all techniques are simple yet effective, so you don't have to practice a technique for 5 years in order to be able to pull it off. Taekwon-Do has been designed for people of all ages and walks of life. You will see immediate results.

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### **Isn't Taekwon-Do just kicks?**

That's a common misconception as Taekwon-Do's amazing kicks are always what draw attention. The reality is that Taekwon-Do is a military martial art and is focused on everything needed to defend oneself. This includes striking, blocking with legs and arms, including grappling, takedown and locking techniques, required to ensure you get out of heated situations.

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### **How long will it take me to get my Black Belt?**

To achieve Black Belt you need to develop your skills, understanding and experience in Taekwon-Do. This cannot happen overnight. It depends on your level of focus, dedication and attention in training. Many of our students have applied themselves and achieved Black Belt after 3 years. Your timeframe may be different, however it will be directly related to the amount of dedication and training you put in.

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