

Why NTC Derby

UK's longest-serving Taekwondo Club

We are the UK's longest-serving Taekwondo Club with branches in Coventry, Derby, Liverpool, London, three branches in Nottingham (Nottingham Central, Arnold and OMAC-UK in Gedling), and Rotherham. So, by becoming a member of NTC Derby you become a part of a big family, and you will have great development opportunities.

Recognised by BT

We are the only Taekwondo club in the city of Derby that practices Olympic Taekwondo and a full member of the official governing body for Olympic Taekwondo - that is British Taekwondo. And unlike all other clubs in the city of Derby our grading results are in accordance with World Taekwondo Federation and recognised by British Taekwondo and worldwide, whereas many clubs grant belts, which are recognised only within the club or within a small group of clubs.

Qualified coaches

Our coaches are highly qualified and experienced instructors, registered with British Taekwondo, the national governing body for WT Taekwondo in the UK, are fully insured as well as checked through the DBS system, first aid, and safeguarding trained. We have also a dedicated welfare officer, trained on safeguarding, and work directly with British taekwondo to make sure that we abide with our safeguarding policy.

Proven record of success

We have a proven record of successes, some of which are:

British Taekwondo National Championship 2019

1st Place – Overall Team

1st Place – Advanced Team

We have trained British and European champions. We have also had a number of students selected to train with and represent Great Britain.

Family-like environment

Our environment is a healthy, inclusive, diverse and stimulating environment.

As part of NTC, you'll meet new friends, embark on a sporting journey like no other and become part of a family-like atmosphere that'll be with you every step of the way. What is important for us is not only self-defence skills, but we have a holistic approach to the wellbeing of our students.

Learn more about us by following this link:

<https://1drv.ms/v/s!AnLtsLAWGME2iQZKsFzEJ0T0t1Rr>

Why Taekwondo

Taekwondo is a sport for people of all ages and abilities, males and females and for families. It is never too late to practise Taekwondo.

Many people think Taekwondo is a Martial Art only for self-defence. While this is partly true, the sport has much more to it including many physical as well as psychological benefits.

Among the most beneficial health effects of Taekwondo are weight loss, building of strong bones and muscles, cardiovascular health, flexibility as well as agility and reflexes.

In addition, it has mental health benefits as well which include increased self-confidence and focus as well as reducing stress and improved cognitive function.

Among the benefits of taekwondo are:

Self-discipline and self esteem

Taekwondo emphasizes moral development as well as physical development. Children learn respect for themselves and others, heightened concentration, and increased self-discipline and self-restraint.

The self-discipline that develops as a result of learning and practicing the techniques usually carries over into other areas of the child's life. School grades often improve as your child learns to focus on objectives and to work toward achievement. The self-discipline and self-respect which Taekwondo develops can provide your child with the skills and mindset necessary to resist peer pressure.

Bettering Your Focus

Taekwondo can definitely teach you to focus on a given task at hand, and that is something which can translate to your everyday life. It takes focus to drive a car, to work at your job, and even to participate in a boring conversation, focus which you can learn through Taekwondo

Increase Your Flexibility

Of course, having better flexibility is also beneficial because it helps to do things like reduce back pain, reduce the chances of injury, increase your ability to balance, and a whole lot more.

Relieving Stress

Taekwondo can definitely help you with stress relief. This has partially to do with the fact that it helps to produce serotonin, something that is known to relieve stress, but it is more than just that.

Meditation techniques can be used to peel away stress and frustrations, reduce anxieties and increase your ability to deal with any situation. Stress, when allowed to get out of control (or handled poorly) can be the cause of diseases like high blood pressure or ulcers. You will learn techniques to control stress and build a quiet place in your mind and body, so that you can take the worst that life can throw at you and come away a winner.

Meditation can allow you to control your habits for example; quit smoking, overeating, or excess alcohol consumption. Meditation will also enable you to think clearer, bring out your natural creativity, and much more.

Losing Weight

If you want to get into shape, burn calories, and burn away that pot belly, practicing Taekwondo on a regular basis will definitely help.

Self Defence / Self Development

Learn to defend yourself through rigorous, comprehensive training. Develop your endurance, strength, flexibility, and balance along with your self-defence techniques.

Learn to defend yourself not only physically, but mentally as well. Learn to unite your body in a single effort to achieve your goals. Develop an inner calm. Bring up deep-rooted, long hidden fears and weaknesses, face them, and conquer them. Bring out anger and frustration in a positive environment where you can learn to deal with them effectively. Rise above laziness and inner doubt.