

# TAEKWON-DO

**'GRAND MASTER'**  
**Raymond Peter O'Neill**  
**IX Dan Blackbelt**  
**Master Instructor**  
**Master Examiner**



**Mobile: 07831 846342**

## **GRAND MASTER** **RAYMOND PETER O'NEILL** **Taekwon-Do Qualifications**



- 9<sup>th</sup> Degree Blackbelt
  - ITF World Grand Master Instructor
  - Vice President - A.C.E Taekwon-Do
  - Child Protection Officer - A.C.E Taekwon-Do
  - Knives & Edged Weapons (KEWAP) Instructor
  - Master Examiner
  - International Umpire
  - Associate Member of the B.A.P.T. (British Association of Physical Training)
  - NSPCC Child Protection in Sport Certified
  - Enhanced CRB Clearance
  - Leisure Connection "Weight Management" Course
  - Registered Instructor with the BTC & UK Sport
  - "Nutrition for Sports" Course
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- Vast Experience teaching Children with learning difficulties such as ADHD, Tourettes
  - Taught all types of students since 1981 Young, Old, Disabled etc.

Summary of courses overleaf



**AUTHENTIC CENTRES FOR EXCELLENCE OF TAEKWON-DO**  
**www.stonehenge.taekwondo.com**  
**Email: GrandMasterO'Neill@stonehenge.taekwondo.com**



## **Course Content Defined:-**

### **B.A.P.T. - British Association of Physical Training**

- Warm up Exercises
- Cool Down Exercises
- Harmful Exercises
- Skeletal System
- Cardio Vascular System - including Heart rate calculation
- Recovery Process
- Weight Resistance training
- Fat Burning versus Stamina Exercises
- Stretching

### **N.S.P.C.C. - Child Protection in Sport**

- Recruitment & Selection of Adult Helpers
- Promoting Good Practise
- Recognition of Poor Practise, Abuse & Bullying
- Responding to Suspicions & Allegations
- Child Protection Regulations
- Code of Conduct & Ethics
- Disclosure Forms
- Photographs/images and online usage
- Photographic/Filming at Events
- Transporting Children
- Vulnerable Adults

### **WEIGHT MANAGEMENT & NUTRITION FOR SPORTS**

- Healthy Eating
- Calculating your Body Mass Index
- Preparation for Sporting Events
- Dehydration/Hydration
- Food Contents - Carbohydrates, Proteins, Fats.

### **MAINSTREAM EMPLOYMENT QUALIFICATIONS**

- Healthy & Safety Management & Risk Assessment
- Personnel Management
- Recruitment & Selection & Disciplinary Procedures
- Business Management
- Business Finance & Budgetary Control & Payroll
- CompTia® A+ Certified Computer Maintenance & Repair Technician
- Commercial & Private "PagePlus" Graphics Design
- Warehousing, & Distribution Logistics & Floor Management