Lisburn Taekwondo Club

Charity Number 109750

C/O 18 Lisburn Leisure Park, Lisburn, BT28 1LP

Trustee Annual Report for period 01 Jan 2025 – to 31 Dec 2025

Governance/Trustees:

Peter Stewart – peter.stewart3@sky.com
Adrian Williams – ade.williams@btinternet.com
Michael Tiffen – michaeljason1970@hotmail.co.uk
Laura Burns – laura_jane1892@hotmail.co.uk
Michelle Laverty – laverty904@gmail.com

Charity Purpose:

To provide Martial Art training to people from the age of 6 and above in Northern Ireland. Providing training sessions to the local community within Lisburn & Castlereagh and surrounding area. The direct benefits that flow from this purpose include improved health and fitness, reduced levels of stress and anxiety amongst people living in Northern Ireland.

Members are on their own pathway following a regulated grading syllabus. The benefits are evidenced through seminars, grading examinations and competitions provided by our coaches and grading panel. In providing training sessions for members there is a risk of injury through contact at regular training sessions however this is rare.

During dedicated Kyorugi sessions (sparing) there is a higher risk of injuries and harm however the benefits from training and competing outweigh the risks of injures and harm. The charity's beneficiaries are people living in Northern Ireland.

The club is based in Lisburn & Castlereagh however we have members travelling locally and from other council areas to be a member of our club. There is no private benefit flowing from this purpose. We coach voluntarily at all club sessions. We currently run three sessions per week.

How it was carried out:

During the reporting period, led by Chief Instructor, Master Peter Stewart, supported by qualified coaches, regular training sessions happened 3 times weekly. Monthly Poomsae and Kyorugi specific sessions supported this. Through regular attendance at sessions, individuals were selected for grading's and then attended rigorous tests to promote to the next grade.

Throughout the reporting period, approximately 95% of the members gained a new grade. For some of the more regular attenders, more than one grade was attained. In addition, members had the opportunity to compete at competitions: which some gained medals. Where member's circumstances changed, this allowed places for new members to join, in turn growing the membership.

Summarised at the clubs annual 'end of year awards', parents and guardians were invited along as complete families to the inaugural afternoon. Hosted in a large area within the leisure centre, a number of awards were presented for the achievements throughout the year.

In summary a very positive year for all of the club members, attending the coached sessions by volunteer coaches, producing some really good standards at all events. These in turn allowed people of all ages to go at their own pace: supporting their wellbeing.

How the beneficiaries have benefited: demonstrated/achievements

As stated above, approximately 95% of the club members gained new grades. This was from one of the 4 x Kup Gradings: March, June, September or December. Awards, medals and trophies were presented at the annual awards ceremony in December.

In addition, all graders received a certificate of all of the new grades gained, for some this was once or up to four times during this period. Their belt, worn at sessions, signifies their standing on the grading journey.

Examples of mitigation reducing harm:

Throughout the period, using structured sessions, the qualified coaches matched individuals to similar abilities, especially when attending the Kyorugi specific (sparring) sessions. With additional qualified centre referees and corner judges, utilising hours of competition experience, sessions were tailored and adapted to either simulate or be an actual fight.

Separate safeguarding individuals, volunteer coaches that coached individuals during all sessions of fighting, made for a safe event or session. Having independent first aid on stand by gave an extra layer of support if the worst did happen. No serious injures were recorded.

This is all in place as members of the British Taekwondo: the official governing body, which have stringent rules for operating as a club.

Evidence of private benefit v incidental public benefit:

Lisburn Taekwondo Club delivers coaching sessions to groups from the age of 6 and above. We coach all aspects of Taekwondo, a Korean martial art. We coach dedicated technical classes along with dedicated Poomsae, Kyorugi and freestyle classes. We promote health and fitness through a grading syllabus and grading system.

To do this, coaches must be qualified, following years of personal experience. They then apply and follow a pathway, a mixture of theory and practical work towards their coaching qualifications in line with British Taekwondo, our Governing Body.

Once qualified they then run sessions to grow personally and gain more experience teaching. By having more coaches available to run sessions with low ratios: it provides a really good environment for those attending to learn and develop.

The club has grown its coaches with 2 levels, following the British Taekwondo pathway: 2 new level 2 coaches and 5 level 1 coaches qualified and now regularly support the training sessions. Either self funded or via grants they completed the training to better themselves and to help others.

Statement of Compliance towards the Commission's Guidance:

In setting our objectives and planning sessions, 3 regular weekly and 2 monthly, the coaches have aided the trustees in careful consideration to guidance required on public benefit. This ensured that all of the sessions helped to achieve our purpose and provided a benefit to the beneficiaries, which are the club members, including all coaches.

Signatures of Trustees

Peter Stewart..... Date 24/8/26

Adrian Williams..... Date 24/8/26

Michael Tiffen..... Date 24/8/26

Laura Burns..... Date 24/8/26

Michelle Laverty..... Date 24/8/26