



SOUTHERN & REGIONAL ITF

TAEKWON-DO BLACK BELT SEMINAR & GRADING

Sunday 5th September 2010

@ Blackbird Leys Leisure Centre,

Pegasus Road, Blackbird Leys, Oxford

OX4 6JL

2 pm - 5 pm

**Conducted by Master Mitchell VII Dan
and Master Brown VIII Dan**

**All Master Instructors invited
with their 1st Kup members**

Seminar will consist of:

Fundamental technique

Black Belt Patterns

Special Technique

Power Breaking

Self Defence

Pad Work

Body Conditioning

Sparring

For more information call Master Mitchell on 07958601660

www.itfsouthernopen.co.uk

COST £20

태권도

태권도