



# TAEKWONDO CHUNGDOKWAN GREAT BRITAIN



## All-ages, All-grades Seminar

Due to popular demand, TCGB are delighted to announce another 'all-in-one' Taekwondo seminar for association members. Tailor your training to your own personal interests, whether that be brushing up on your **poomsae/basics**, learning new **self-defence** applications or **sparring** until your heart's content. The seminar will be supported by numerous senior instructors, including Grandmaster Lindsay Lawrence (7<sup>th</sup> Dan), Grandmaster Mark Biddlecombe (7<sup>th</sup> Dan) and Master Michael King (6<sup>th</sup> Dan).



**Date:** Saturday 29<sup>th</sup> October 2011

**Time:** 11am - 4pm (registration from 10.30am)

**Venue:** Swanmore College of Technology, New Road, Swanmore, Southampton, Hampshire, SO32 2RB

**Cost:** £10 per person, £30 for families 3+

Plenty of parking available. Please bring protective sparring equipment and one kick pad per person to participate in the sparring sessions. Limited opportunities to buy food near the venue, best to bring your own lunch. If you have any questions, email TCGB Secretary Tessa Philpott via [sec@chungdokwan.org.uk](mailto:sec@chungdokwan.org.uk)