

TAEKWONDO CHUNGDO KWAN GREAT BRITAIN (TCGB)

# 'All-In-One' Seminar

**Date:** Saturday 1<sup>st</sup> November 2014

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

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

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

TCGB are delighted to announce another 'All-In-One' Taekwondo seminar for association members. Work on your **fitness**, practice your **poomsae**, learn new **self-defence** techniques or join in with the **sparring**.

Instruction from Grandmaster Lindsay Lawrence (7<sup>th</sup> Dan), Grandmaster Mark Biddlecombe (7<sup>th</sup> Dan), Master Michael King (6<sup>th</sup> Dan) plus many more senior instructors. If previous seminars are anything to go by, this is certainly an event not to be missed!

