

TAEKWONDO CHUNGDO KWAN GREAT BRITAIN (TCGB)

# 'All-In-One' Seminar

**Date:** Saturday 3<sup>rd</sup> November 2012

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

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

**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, Grandmaster Mark Biddlecombe, Master Michael King, Master Mark Sargeant, Master Rastra Rai plus more make this an event not to be missed! Grandmaster Biddlecombe will also be signing copies of his new book '*The Heart of Taekwondo*' and Natalie March will be available for 15 minute physio appointments (£5).

