

Taekwondo Chung Do Kwan GB

All-grades seminar/workshop

Saturday 30th October 2010

TCGB are delighted to announce an association seminar (all grades and ages welcome) led by Grand Master Lindsay Lawrence (7th Dan), Grand Master Mark Biddlecombe (7th Dan) and Master Michael King (5th Dan).

The seminar will be divided into workshops covering **poomsae**, **self-defence** and **sparring** allowing students to tailor the seminar to support their personal training requirements/interest. Email Tessa Philpott (sec@chungdokwan.org.uk) if you have any questions.



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

Cost: £10 per participant, £30 for families of 3+

Venue: Main sports hall, Swanmore College of Technology, Swanmore, Southampton, SO32 2RB

Plenty of parking is available on site. Limited opportunities to purchase food near to the venue (best to bring your own lunch/snacks).