



Naas Taekwon-Do School

St. Mary's College, Sallins Road, Naas, Co. Kildare
Est. 1990



COURTESY
INTEGRITY
PERSEVERANCE
SELF CONTROL
INDOMITABLE SPIRIT



Master Valerie Keane 7th Degree
International Instructor, Examiner & Umpire
32 Alderwood Ave, Tallaght, Dublin 24.
Phone/Fax: +353 1 4510462
E Mail: secretary@rita-itf.ie
ITF Plaque: 5521

14th October 2019

Dear Grandmasters, Master's & Instructors,

The Instructors & Students from Naas Taekwon-Do School cordially invite you and your students, to attend their annual "Self Defence" Seminar on Sunday 17th November in St. Mary's College, Sallins Road, Naas, Co. Kildare. (SPORTS HALL)

Self Defence Seminar conducted by ITF 9th Degree Grandmaster Barrett is open to all RITA registered members from 10th Kup and above.

Parents, family, & friends of the students are welcome to attend for the morning session Only.

Please note application form enclosed outlining full details of fees etc, and can be downloaded from Naas Taekwon-Do web site / face book page

Lunch Break 12.30-2.00pm (No food facilities, bring packed lunch)

As the RITA have introduced Self Defence Techniques (release from grabs etc) to the Grading Syllabus from 2nd Kup and above we would encourage Instructors / Black Belts and indeed all members to attend the Seminar.

Closing date for application forms is Monday 11th November, with cheques payable to Naas Taekwon-Do School please.

Should you require more information please do not hesitate to contact the undersigned.

Thanking you in advance for your support, we look forward to another successful "Self Defence Seminar"

Yours in Taekwon-Do

Valerie Keane
Senior Instructor