



COURTESY  
INTEGRITY  
PERSEVERANCE  
SELF CONTROL  
INDOMITABLE SPIRIT

# St. Mark's Taekwon-Do School

Est. 1982



Master Valerie Keane 7th Degree  
International Instructor / Examiner & Umpire  
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ITF Plaque 5521

## St. Mark's Sparring Seminar Conducted by Master Floyd Keane 7<sup>th</sup> Degree (Former RITA National Coach)

**Date:** Sunday 7<sup>th</sup> February 2016

**Venue:** St. Mark's Taekwon-Do School

**Time:** 10.30am – 1.00pm (1 hour Lunch break 1.00-2.00)  
2.15pm - 5.00pm

**Fee:** €10.00 per Student 9<sup>th</sup> & 10<sup>th</sup> Kup under 16 years (MORNING ONLY)  
€15.00 per Student 9<sup>th</sup> & 10<sup>th</sup> Kup 16 years & above (MORNING ONLY)  
€20.00 per Student 8<sup>th</sup> Kup & above under 16 years (FULL DAY)  
€25.00 per Student 8<sup>th</sup> Kup & above 16 years & older (FULL DAY)

**FAMILY RATE:** 3<sup>rd</sup> and subsequent family member "NO FEES"

**Application Form:**

**Name:** \_\_\_\_\_ **Grade:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **RITA No:** \_\_\_\_\_

**Name of Taekwon-Do School** \_\_\_\_\_ **Signature:** \_\_\_\_\_

**Parent's signature if under 18 yrs:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Instructor's signature:** \_\_\_\_\_

**COMPLETED FORMS & FEES TO BE RETURNED TO 32, ALDERWOOD AVE.,  
SPRINGFIELD, TALLAGHT, DUBLIN 24 ON OR BEFORE MON 1<sup>st</sup> Feb 2016  
CHEQUES MADE PAYABLE TO ST. MARK'S TAEKWON-DO SCHOOL  
PLEASE. (NO FOOD FACILITIES AVAILABLE ON THE DAY PLEASE BRING  
A PACKED LUNCH) OFFICIAL RITA/ITF DOBOK TO BE WORN, SPARRING  
EQUIPMENT HAND & FOOT PADS NOT COMPULSORY BUT GROIN GUARD  
& GUM SHIELD ARE FOR ( 8<sup>th</sup> KUP YELLOW BELT & ABOVE) PLEASE  
BRING EQUIPMENT WITH YOU ANY SPARE PADDLES WOULD BE  
APPRECIATED ON THE DAY!**

Members of the Republic of Ireland Taekwon-Do Association.  
Affiliated to the International Taekwon-Do Federation &  
Europe International Taekwon-Do Federation