



COURTESY
INTEGRITY
PERSEVERANCE
SELF CONTROL
INDOMITABLE SPIRIT

St. Mark's Taekwon-Do School

Est. 1982



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

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

Date: Sunday 5th February 2017

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 9th & 10th Kup under 16 years (MORNING ONLY)
€15.00 per Student 9th & 10th Kup 16 years & above (MORNING ONLY)
€20.00 per Student 8th Kup & above under 16 years (FULL DAY)
€25.00 per Student 8th Kup & above 16 years & older (FULL DAY)

FAMILY RATE: 3rd 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 Jan 30th 2017
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 (8th 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



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