

## St. Mark's Taekwon-Do School

Est. 1982



Master Valerie Keane7th 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 5<sup>th</sup> 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 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 (<u>FULL DAY</u>) €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 sig	gnature:		

COMPLETED FORMS & FEES TO BE RETURNED TO 32, ALDERWOOD AVE., SPRINGFIELD, TALLAGHT, DUBLIN 24 ON OR BEFORE MON Jan 30<sup>th</sup> 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 (8<sup>th</sup> KUP YELLOW BELT & ABOVE) PLEASE BRING EQUIPMENT WITH YOU ANY SPARE PADDLES WOULD BE APPRECIATED ON THE DAY!



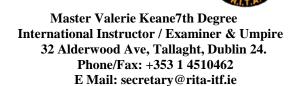
INDOMITABLE SPIRIT

SELF CONTROL

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