



# St. Mark's Taekwon-Do School

St. Mark's Community School, Tallaght Dublin 24

Est: 1982



**COURTESY  
INTEGRITY  
PERSEVERANCE  
SELF CONTROL  
INDOMITABLE SPIRIT**



ITF Plaque No: 5521

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**8<sup>th</sup> January 2016**

**Dear Grandmaster, Senior Masters, Master's & Instructors,**

**St Mark's Taekwon-Do School are delighted to host the National Sparring Seminar and cordially invite you and your students to attend on Sunday 7<sup>th</sup> February, conducted by Master Floyd Keane 7<sup>th</sup> Degree former RITA National Coach.**

**Application forms enclosed outlining full details, please circulate to your students and encourage them to attend as the Sparring Seminar will enhance their Sparring skills and prepare them for the ITF Ireland Cup to be held in Cork on the 9<sup>th</sup> April 2016.**

**Please note all registered members are welcome, with no age restriction, however, 9<sup>th</sup> & 10<sup>th</sup> Kup members may only attend the morning session.**

**A Family rate applies for the 3<sup>rd</sup> and subsequent family members there is no fees required (only 2 family members pay fees)**

**Thanking you in advance for your support we look forward to greeting you and your students on the day, should you require more information please do not hesitate to contact the undersigned.**

**Yours in Taekwon – Do**

**Valerie Keane  
Senior Instructor**