



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

RITA/ITF Patterns & Power "Seminar"

Conducted by ITF 9th Degree Grandmaster Phelan

Date: Sunday 7th May 2017

Venue: St. Mark's Taekwon-Do School

Time: 10.30am -12. 30pm (Lunch break)
2.00pm - 4. 00pm

Fee: €35.00 per Student under 16 years
€45.00 per Student 16 years and above

Family Rate: Take €5 off for 2nd family member+€10 off for each additional member

Application Form: (PLEASE PRINT CLEARLY)

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 1st May 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.**