

Taekwon-Do Summer Camp

August 2016

Monday 8th to Friday 12th August (10 am to 4 pm)
(*Thursday 10-12pm).



Conducted by
Senior Master Robert Howard

Summer Camp fee only €75
€60 Early Bird book by 25th July

www.grandmasterhoward.com

Book early as Places are Limited.
**What you need: Dobok, water bottle,
packed lunch, Sparring pads (can be
supplied if needed (size dependent))**

Improve your
Patterns
Sparring
Special Technique
Flying Kicks
Self-Defence Routine

Make new friends and have great fun

Venue: Grandmaster Howard's Taekwon-Do School, St Joseph's School for the Deaf, Navan Rd, Dublin 7

Open to RITA Black Belts and Colour Belts (8th kup and above)



Summer Camp fee: €75 – Book on-line, Early bird rate only €60 (book on-line by the 25th of July). Book on-line at www.grandmasterhoward.com.

Closing date for applications 5th August 2016.

Robert.howard@dit.ie, 087-6987624

Training Weekend: 'Taekwon-Do Competition – Raising your Game'

Saturday 6th August & Sunday 7th August (10 am to 5 pm), Train with Senior Master Howard, Master O'Donnell, Mr Leon McSherry. Weekend Fee: €75, €60 early bird. More details see www.grandmasterhoward.com

Day 1: Winning at Patterns, Day 2: Sparring for Gold:

Special combination offer Training Weekend & Summer Camp only €120 (€95 early bird)