

Taekwon-Do Training Weekend August 2016

'Taekwon-Do Competition – Raising your Game'



Conducted by
Senior Master Robert Howard
(8th Deg, ITF Umpire and Chair of the RITA
Umpire Committee)

Master Mark O'Donnell
(7th Deg, ITF Umpire and Vice-Chair of the RITA
Umpire Committee),

Mr Leon McSherry
(5th Deg, European Patterns Champion 2016 and
Chair of the RITA Tournament Committee)

**This year's Training Weekend is
competition focussed**

Day 1: Winning at Patterns: Saturday
6th August (10 am to 5 pm)

Day 2: Sparring for Gold: Sunday 7th
August (10 am to 5 pm):

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)



Training Weekend 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

Summer Camp: Perfect your competition skills

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

Train for a whole week with Senior Master Howard (€75, €60 early bird)

Topics: Patterns, Sparring, Special Technique, Self-Defence Routine

More details on www.grandmasterhoward.com

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