

Black Belt Seminar Black Belt Grading

Open to All Associations
£20



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Whole Life is devoted to Taekwon - Do

BY MASTER T VELLA VII DEGREE

DATE / TIME

Saturday 24th April 2010
1pm - 3pm (Grading 3:30pm)

WHERE

Albany Road School,
Albany Road, Cardiff, CF24 3RR

HOSTED

Master T Vella VII Degree
International Instructor & Examiner

All Enquiries (+44) 07787 126434
www.vellataekwondo.com / tvtkd@hotmail.com

This two hour seminar is open to ALL Taekwon-Do Black/Red Belts and will cover the following aspects of ITF Taekwon-Do:

ITF Patterns, Sine Wave, Destruction & Set Sparring.

