



Naas Taekwon-Do School

St. Mary's College, Sallins Rd. Naas, Co.Kildare
Est. 1990



**COURTESY
INTEGRITY
PERSEVERANCE
SELF CONTROL
INDOMITABLE SPIRIT**

Ms Valerie Keane 6th Degree
International Instructor, Examiner & Umpire
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RITA "SELF DEFENCE & SPARRING SEMINAR"

CONDUCTED BY

**ITF Senior Master Barrett 8th Degree
& Mr. Floyd Keane 6th Degree**

DATE: SUNDAY 22nd November 2009
VENUE: St. Mary's College, Sallins Rd., Naas, Co.Kildare (SPORTS HALL)
Time: Self Defence Class: 10.30am-1.00pm (1 hour Lunch Break)
Sparring Class: 2.00-5.00pm
Fee: Self Defence class Only: 10th Kup and above Junior €20.00 (up to 17 yrs)
Senior €25.00 (18 yrs and above)
Self Defence & Sparring Class (Full Day) 7th Kup and above, Junior
€30.00 (up to 17 yrs) Senior €40.00 (18 yrs and above)

Name: _____ **Grade:** _____

Phone: _____ **Date of Birth:** _____ **Age:** _____

Name of Taekwon-Do School: _____

Signature: _____ **Date:** _____

Signature: _____ **Date:** _____

Parent's or guardian signature if under 18 years

Instructor Signature: _____ **Date:** _____

Please Note: No food facilities available (bring a packed lunch)
Students attending the Sparring Class, hand and foot pads required, Groin & Gum
Guards COMPULSORY! If you have a Paddle please bring it with you! Closing date
for forms is Monday 16th November, Cheques payable to Naas Taekwon-Do School
please.