



TAKE THIS CHANCE TO TRAIN WITH ONE OF THE MOST SUCCESSFUL AND WELL RESPECTED COACHES IN UK AND EUROPE.

MASTER PETE ADAMSONS (Scorpion Taekwondo, former Olympic coach 1992, former team GB coach , 2011 English coach Commonwealth championships)

MASTER ADAMSONS WILL BE ASSISTED WITH TEAM OF BLACK BELTS some of which are and have been members of team Great Britain.

This seminar will focus on all aspects of sparring, skills, drill and, match management ,

So come along and get the edge over your next opponent.

be the best!!!!

VENUE

**University of the West of Scotland
(UWS Hamilton)
Almada St.
Hamilton. ML3 0JB**

DATE

Saturday 16th April 2011

TIMES

**KIDS + JUNIORS 2pm – 3:20
ADULTS 3:20 – 5:45**

PRICE

**Kids and juniors £7:50
Adults £10**

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