

CALENDAR OF EVENTS Jan to Mar 10

W/C 4 th January	2010 Academy Classes Resume
10 th January	Scottish National Poomsae Training/UK Regional Poomsae Training Carronshore Community Centre, Falkirk Red Belt and above - 10am to 1pm Fees £7.00
17 th January	1 st Stirling Cup Scottish League Sparring Event Open to all ages and grades Deadline for entries – Tuesday 12 th January
23 rd /24 th January	BTCB Referee and Corner Judges Course Manchester
24 th January	Coloured Belt Grading, Carronshore Community Centre - 10.00am
30 th /31 st January	BTCB British championships National Tennis Centre, Manchester
7 th February	3 in 1 Competition Carronshore Community Centre - 10.00am One for One Kicking – Knock Out Patterns – Jump Front Kick Open to all ages and grades
20 th February	Scottish National Poomsae Training/UK Regional Poomsae Training Holyrood Sports Centre, Glasgow Red Belt and above - 10am to 1pm - Fees £7.00
21 st February	Coloured Belt Grading, Carronshore Community Centre - 10.00am
7 th March	Sport Taekwondo Seminar Current World Heavyweight Champion – Modibo Keita from Mali Stenhousemuir Sports Centre – 12.00pm Open to all ages and grades – Fees £15.00
14 th March	12 th Scottish Cup Grangemouth Sports Complex
20 th March	Scottish National Poomsae Training/UK Regional Poomsae Training Focus Taekwondo Centre, Elgin Red Belt and above – 12pm to 3pm - Fees £7.00
21 st March	Coloured Belt Grading, Carronshore Community Centre - 10.00am
27 th /28 th March	BTCB British Poomsae Championships English Institute of Sport, Sheffield