



**British Taekwondo
Control Board
POOMSAE UK**



**UK Regional Poomsae Training
Scottish National Squad Training**

Venue

CARRONSHORE COMMUNITY CENTRE

MAIN ST, CARRONSHORE, FALKIRK, FK2 8EX

Date / time

Sunday 20th February 2011

10.00am to 1.00pm

Cost £7.00pp

2nd Kup Red Belt & above

Coloured Belts from 6th Kup & Above

10am to 12pm

Fees Only £5.00

Proceeds going toward Scottish Poomsae Team Fund

The session will cover all aspects of Poomsae competition, including the latest WTF Rules and associated technical changes and requirements.

**The session will be conducted by Master Bailey 7th Dan
BTCB National Poomsae Coach for Scotland**

Tel No 07812-580898

Email masterbailey@centralkd.co.uk

**Assisted by Angie Bailey 3rd Dan
Current British Champion – 1st Masters**

ALL PARTICIPANTS MUST BRING A VALID BTCB LICENCE FOR INSPECTION.

NO LICENCE! NO TRAINING! NO EXCEPTIONS!