



British Taekwondo Control Board POOMSAE UK



Regional Poomsae Training

(Saturday) 28th November, 2009
1.00 pm – 4.00 pm

All training sessions conducted by
Constantino César

César is the BTCB East England Regional Poomsae coach.

The regional sessions will benefit students and instructors who wish to improve their overall performance and knowledge of Poomsae.

Venue

Millmead Hall,
Haversham Road,
Wolverton, Milton Keynes,
MK19 7DL

Further details from César
E-mail : mktkdcesar@hotmail.com
07710 452628

Cost : £7.00 per session

This session is open to green belt and above.
The session will cover all aspects of Poomsae competition, including the latest WTF Rules and associated technical changes and requirements.

ALL PARTICIPANTS MUST BRING A VALID BTCB LICENCE FOR INSPECTION.
