

Power Breaking Seminar

Ms Carlie Dann and Mr Jon Sawden

November 2007



Session times and venues:

Whangarei

Saturday 17 November
Hurupaki Club

9.00am – 3.00pm
Kamo High School, Whangarei

Auckland

Sunday 18 November
Meadowbank Club;

9.00am – 3.00pm
Remuera Intermediate, Ascot Ave, Remuera, Auckland

Tauranga

Monday 19 & Tuesday 20 November
TBA

6pm – 8.30pm each evening

Please be aware that confirmation of your placement, along with venue details etc will be emailed out

Who can attend the course?

The seminars are open to Green Belts and above; minimum age 15 years

Seminar structure and content:

Whangarei and Auckland

9.00am	Form Up
9.05am	First half seminar session
12noon – 12.55	Refreshment Break*
1.00pm – 3.00pm	Second half seminar session

Tauranga

Session One

6.00pm	Form Up
8.25pm	Break Off

Session Two

6.00pm	Form Up
8.25pm	Break Off

The seminars will be run with methods developed by Instructors Master Rocky Rounthwaite and Mrs Trish Rounthwaite (RTR International Taekwon-do). Their methods are known for having regularly produced power breaking champions over a number of years including Ms Dann and Mr Sawden.

The techniques to be covered will consist of: Side Kick, Turning Kick, Back Kick, Knife Hand, Punch, Downward Punch and Downward Knife hand.

Registration Details:

Registrations are taken on a first come first served basis and pre-payment is required to secure your place. To register please complete the 'Registration Form' and post to address provided.

Please note: Numbers are limited to 18 participants per seminar

Requirements:

Dobok
Plenty of water and light snacks for refreshment breaks
Long thick sports socks
Soft soled Martial Art shoes or sneakers

Seminar Contact and queries:

Hannah Honey	021 576 210 or hannahhoney@ww.co.nz
Jon Sawden	027 477 0647

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Registration Form



Surname: Name:.....

Club: Rank: Age:.....

Phone (Hm):..... Mobile No:.....

Email:

I consider my breaking experience as: Beginner Intermediate Advanced

Reason for interest in seminar:

Session to attend (please circle one)

- | | | |
|-------------|---------------------------------|-----------------|
| • Whangarei | Saturday 17 November | 9.00am – 3.00pm |
| • Auckland | Sunday 18 November | 9.00am – 3.00pm |
| • Tauranga | Monday 19 & Tuesday 20 November | 6.00pm – 8.30pm |

Numbers are limited to 18 participants per seminar. Places are on a first in first served basis and full payment will secure your spot.

Cost: \$40.00 per person

Payment by Cheque: Payable to Meadowbank TKD (ITFNZ) Please do not post cash

OR payment by Direct Credit : ANZ 010170-0114158-50

Please ensure the following reference is included when making payment: PB followed by as much of your last name as possible. e.g PBSmith

Waiver: I understand that the organisers and facilitators accept no responsibility for any personal injury or any loss of personal property during the course of this event.

Signature: Date:

Signature of Instructor:

Please send completed form and payment to:

Meadowbank TKD Club

c/- Hannah Honey

2/10 Anthony Place

Pakuranga

Auckland