



★ TECHNIQUES SEMINAR ★

BY MASTER PAUL McPHAIL

7TH DAN – ITFNZ TECHNICAL DIRECTOR

MASTER PAUL McPHAIL WILL CONDUCT A SPECIAL SEMINAR FOR MEMBERS OF ALL GRADES.

Master McPhail will explain, demonstrate and enable everyone to practice the techniques in patterns that were updated at the ITF Training Course held in Auckland last year. Make sure you are up to date with the latest ITF techniques and don't miss this opportunity to train with Master McPhail.

TECHNIQUES SEMINAR CONTENT:

Patterns and pattern updates including: sinewave, speeds in patterns, correct intermediate and finished positions in movements, hip motion to develop power.

DATE:

Sunday 18 September.

VENUE:

Onslow College Gym, Burma Road, Johnsonville, Wellington.

SCHEDULE:

10am – 12pm	White to Green belts (10th – 5th gup)
1pm – 2.30pm	Blue to Red belts (4th – 1st gup)
3pm – 5pm	Black belts

Students are able to attend sessions up to and including their own belt. Time will be left for questions and answers at the end of each session.

COST:

- ★ One session: \$25 (\$45 family).
- ★ Two or more sessions: \$35 (\$65 family).

Cheques payable to Brooklyn Taekwon-Do Club.

CLOSING DATE FOR ENTRIES:

FRIDAY 2 SEPTEMBER.

Late mail entries will not be accepted. However, you can register on the day. A \$10 late charge will apply.

SEND COMPLETED REGISTRATION FORMS TO:

Mrs Helen Miller, 148 Moxham Ave, Hataitai, Wellington.

QUERIES:

Contact Mr Brett Kraiger.
 H: 478 4566
 M: 021 1320 393
 E: kraigerb@xtra.co.nz

**REMEMBER:
 MAILED FORMS &
 PAYMENT MUST BE
 RECEIVED BY
 2/9/05**

NAME _____

ADDRESS _____

PHONE _____ EMAIL _____

CURRENT RANK _____ AGE _____ CLUB _____

INSTRUCTOR _____ ANY MEDICAL PROBLEMS _____

EMERGENCY CONTACT – NAME _____ PHONE _____

DISCLAIMER CLAUSE: I acknowledge that martial arts training can be hazardous. I further acknowledge that any training undertaken by me will be carried out entirely at my own risk. I accept these conditions and hereby apply to attend the seminar.

SIGNED (PARENT IF UNDER 18) _____ DATE _____

SEND COMPLETED REGISTRATION FORMS TO Mrs Helen Miller, 148 Moxham Ave, Hataitai, Wellington BY FRIDAY 2 SEPTEMBER