



GTUK Women and Girls Training Day

February 24th

2024

Covering:

- Patterns
- Sparring
- Set Sparring
- Self Defence
- Breaking
- Confidence building



ANY GTUK FEMALES AGED 11 UPWARDS ARE INVITED TO JOIN THE SENIOR LADIES TO TRAIN FOR THE DAY – CATERED FOR YOU

PLEASE CONTACT US TO RESERVE YOUR PLACE
gtukladies@gmail.com

COMMEMORATIVE PINK BELT AWARDED FOR TRAINING



INSTRUCTORS

Miss Aikman 5th Dan

Miss Price 5th Dan

Miss Ridgard 5th Dan



Hosted by Miss Ridgard (Redditch TKD)

LOCATION: ABBEY STADIUM SPORTS CENTRE

REDDITCH, WORCS B97 6EJ

TIME: 9.30AM SIGN IN FOR 10 AM START UNTIL 3PM

PAYMENT OF £12.50 ON THE DAY