

LLTKD All Clubs Training Session 2015

The session is specifically focussed on students having the opportunity to have a fun day of Taekwondo training while getting to meet the students who train at the other LLTKD Clubs, and with other instructors and student who we work closely with.

We aim to cover as many of the different aspects of Taekwondo as possible from patterns to sparring to self-defence as well as plenty of other activities including a Taekwondo-style assault course and lots of kicking the pads and kick bags!



When is it?

- Saturday 2nd May, 12 – 3pm

Where is it?

- Tiffin Sports Centre, Queen Elizabeth Road, Kingston upon Thames KT2 6RL
- Nearest train stations: Kingston, Norbiton, Surbiton



What should I bring?

- Your protective equipment (body armour, shin & forearm guards etc.)
- Lots of energy!

How much does it cost?

- £10 in advance, £15 on the day



We'll also be selling fresh juice, smoothies and other goodies on the day!



This year all money raised will be donated to our 5 amazing students who are fundraising to climb Mount Kilimanjaro in September for the charity Hope for Children. **Any additional sponsorship will be very gratefully received!**

P.S. Help from senior students always welcome!