



“Simply the Best”

Seminar with Master Jedut VII and Mr Suska VI

Saturday 6th & Sunday 7th August 2011

@

GMAC Taekwon-Do

Craigwillow Centre, Livingston, Scotland

GMAC Taekwon-Do are pleased to announce a seminar with Master Jedut & Mr Suska this August for one weekend only!

Take the opportunity of an unforgettable training experience with these world renowned practitioners.

Master Jedut is a world renowned Instructor and trainer of many European & World Champions from Polish National Team as well as running his own school MKS Lewart Lubartow.

Mr Jaroslaw Suska is well known as an international competitor, with 5 World & 17 European Titles to his name, he is undoubtedly the best male competitor in ITF history.

Master Jedut and Mr. Suska will illustrate their passion for perfection through a series of unique strength exercise's, challenging kicking combinations and interesting methods on how to incorporate effectiveness of technique, control and optimum power from beginning to end.

This seminar will be an unforgettable, exciting opportunity for all. We invite all Taekwon-Do practitioners to take part in this fantastic rare event.

For more information contact gmactkd@sky.com



Seminar Schedule:

Saturday 6th August

- 9am to 11am Junior Seminar (under 13 years old) Cost £20
- 1pm to 5pm Coloured Belt Seminar (over 13 years) Cost £40

Sunday 7th August

- 9am – 1pm Black Belt Seminar (over 13 years) Cost £40

There is the opportunity to take part in both +13 yrs seminars for Black Belts only. Please contact us directly for more information.

THIS IS A PRE-REGISTRATION EVENT: EARLY BOOKING RECOMMENDED!

ENTRIES DEADLINE 29TH JULY 2011

For further information please contact

GMAC Taekwon-Do: gmactkd@sky.com

www.gmacmartialarts.co.uk

Application Form

Name:	
Age:	
Grade:	
TKD School:	
Country:	
E-mail:	
Please indicate which session (circle):	Under 13's - Coloured Belt - Black Belt
Participants Signature:	

Whilst GMAC Taekwon-Do will ensure a high standard of safety in its seminar, by signing this form you acknowledge that you have appropriate insurance (a valid TKD Licence), that there is an element of risk and that you could still sustain an injury. Knowing this you accept these conditions and voluntarily agree to assume this risk.

Please return this form to your instructor with payment.

Accommodation

For those wishing to stay close to the venue before or after the seminar we recommend the following hotels which are all within a 2 mile radius of the venue.

The Hub - Livingston

Almondvale Crescent
Livingston
West Lothian
EH54 6QX



Tel: 0871 984 6288

<http://www2.travelodge.co.uk/>

This hotel well located with the main shopping/entertainment area of Livingston within 2 min walk. The Centre, Livingston is an extensive shopping complex, and multiplex cinema. Also includes numerous well known restaurants.

Rooms from £29.00 per night

Premier Inn – Livingston (M8, Jct3)

Deer Park Avenue,
Deer Park, ,
Livingston EH54 8AD



Tel: 0871 527 8632

<http://www.premierinn.com/Livingston>

This hotel is conveniently located for Livingston North train station. For shops and local amenities Livingston town centre is only 2 miles away.

Our Livingston (M8, Jct3) Premier Inn has everything you'd expect, incredibly comfy beds in every room and an onsite Beefeater restaurant serving freshly cooked chargrilled food.

AIRPORT

The closest airport to Livingston is Edinburgh International Airport, which is located approximately 12miles / 15 minutes away by car.

PHOTOGRAPHY

Please note there will be NO photography or video recording allowed during the seminar's.