

Willy van de Mortel

SPARRING SEMINAR

The All Ireland Taekwon-Do Association are proud to present Mr. Willy van de Mortel, one of the best ITF Taekwon-Do coaches in the world, for a two day sparring seminar in Dublin on 22nd and 23rd of January 2005.

The course will take place in the Institute of Technology Blanchardstown (ITB), Blanchardstown, Dublin 15, Ireland, according to the following timetable:

<u>Saturday:</u>	1.00pm – 3.00pm	Seminar
	3.00pm – 3.30pm	Break
	3.30pm – 5.30pm	Seminar
<u>Sunday:</u>	10.00am – 12.00pm	Seminar
	12.00pm – 12.30pm	Break
	12.30pm – 3.30pm	Seminar

Mr. van de Mortel has been national coach for the Netherlands, Slovenia, Italy and New Zealand, and has coached some of the best competitors in ITF Taekwon-Do including Mr. Tomaz Barada and Ms. Julia Cross.

The seminar costs €45 for both days and is a **pre-registration only event**. Application forms and invitations will be sent to suitable instructors. To obtain an invitation application form, contact the AITA National Secretary, Mr. Stephen Ryan, at sryan@taekwondo.ie.

There is a limit of 100 participants, so apply early to avoid disappointment.

For international participants, we can help with finding accommodation in the Blanchardstown area. Contact our President, Mr. Paul McNicholas, at pmcnicholas@taekwondo.ie for further details.