



Sokcho Taekwondo Glasgow
& **taekwondoscotland**



The 3rd

Presents

SCOTTISH SELF DEFENCE SEMINAR

Course Instructors:

Master S.H. Blomeley 6th Dan. Ki Taekwondo Chief Instructor
Master Denny Jones 5th Dan. Streetwise Taekwondo Chief Instructor

Come and learn from 2 of the UK's best self defence and close quarters combat instructors

A practical self defence seminar covering "real life" scenarios
The seminar will include:

- **ATTACK CONTROL & PRINCIPLES OF SELF DEFENCE**
- **PRESSURE POINT APPLICATIONS**
- **BATON & EDGED WEAPON DEFENCE**
- **SELF DEFENCE & GROUNDWORK**
- **LOCKS, HOLDS, THROWS & TAKEDOWNS**
- **MULTIPLE OPPONENT DEFENCE**
- **CLOSE QUARTER COMBAT STRIKING & STRATEGIES**

INCLUDES A CHILDREN'S SESSION WITH FUN BASED SELF DEFENCE PRACTICE

SATURDAY 4th MAY 2013

Session 1 - 10.00 am - 1.00 pm (All ages)

Session 2 - 1.00 pm - 4.00 pm (Age 13+ only)

UNIVERSITY of the WEST OF SCOTLAND
ALMADA STREET, HAMILTON, ML3 OJB

Course fees:

- **Adults: £20 (£15 for 1 session)**
- **Children: £10**

For more information contact: Martin Hold: martin@taekwon.co.uk Tel: 07803588333