

# UK International Taekwon-Do Federation

TKD Centre, 1<sup>st</sup> Floor, 192 High Street, Yiewsley  
Middlesex UB7 7BE ENGLAND  
Tel: 0044 1895 459947 • Fax: 0044 1895 430257  
Email: email@tkd.co.uk • Website: [www.tkd.co.uk](http://www.tkd.co.uk)



## UK ITF / IITF National Training Day and Awards Evening

UK ITF / IITF will be hosting a National Training day led by Trevor Nicholls and Lee Hollingsworth along with guest instructors on **Saturday 30<sup>th</sup> January 2016**. Training will take place at Heathrow/Windsor Marriott Hotel, Ditton Rd, Slough SL3 8PT, followed by the awards evening at the same location

Training is open to 4<sup>th</sup> Kup and above, 12 years and over. The training session will cover pad drills, sparring, self defence and technique review.

We would also like to invite regions and member organisations to present any specific awards to their students on this evening.

UK ITF/ IITF will be presenting the awards listed below. We ask that regions send in their nominations for the awards listed. The UK ITF Development committee will then select a winner from the nominations that have been received.

- Contribution to Taekwon-Do
- Student of the year
- Competitor of the year
- Most Improved
- Competitors Competitor
- Umpire of the year
- Coach of the year
- Region of the year

Also, service awards for 10, 20 and 30 years of active and consistent participation.

Schedule	Price	Dress Code
<b>Training</b> 11.30 – 15:30 (Break from 13.00 – 13.30)	<b>£30.00</b>	<b>Full Dobok (Please also bring along sparring equipment)</b>
<b>Reception Drinks</b> 18:30 – 19:15		
<b>Banquet</b> 19:30 – Midnight	<b>£50.00 – Adults</b> <b>£20.00 – Under 14's</b>	<b>Black Tie, Ladies Long</b>

### Room Rates:

Single Occupancy      £80.00 (Inc bed and breakfast)  
Double Occupancy      £90.00 (Inc bed and breakfast)  
Family Room            £90.00 (Inc bed and breakfast)

Rooms to be booked direct via the following link; [Book your group rate for UK ITF Award Dinner Ceremony](#)



Registered Offices: Swatton Barn, Badbury, Swindon, Wiltshire, SN4 0EU  
Company Registration No: 07402616





**Dinner Menu:**

Please choose one option from Starter, Main & Dessert

**Adults**

**Starter**

- Option 1: Smoked Salmon and Fennel Mousse Tart
- Option 2: Tomato, Bocconcini, Cherry Tomato and Black Olive Salad
- Option 3: Roasted Tomato and Basil Soup

**Main Course**

- Option 1: Chicken Supreme
- Option 2: Roasted Fillet of Salmon
- Option 3: Spinach and Ricotta Ravioli

**Dessert**

- Option 1: Trio of Deserts

**Under 14's**

**Starter**

Garlic Bread

**Main Course**

Vegetarian Pasta with a tomato sauce.

**Dessert**

Vanilla Ice Cream with Chocolate Sauce

Please complete the booking form and return to head office. Payment can be made via the online shop, or cheque (Payable to UK ITF)



UK ITF Training Day & Awards Dinner					
Club Contact Details					
Name					
Contact Number					
Email Address					
Training Day £30.00 per person					
	Name	Age			Grade
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
Total					£
Banquet £50.00 – Adult Menu / £20.00 Under 14's Menu					
	Name	Adult / Child	Starter	Main	Dessert
1.					
2					
3					
4					
5					
6					
7					
8					
9					
10					
Total					£

Deadline for registration and payment: Friday 8<sup>th</sup> January 2016

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