

# 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](mailto: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 31<sup>st</sup> January 2015. Training will take place at Brunel University, Kingston Lane, Uxbridge, Middlesex, UB8 3PH followed by the awards evening at the Crowne Plaza, Heathrow.

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, new to 2015 will be 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>Banquet</b> 19:30 – Midnight	<b>£40.00 – Adults</b> <b>£20.00 – Under 14's</b>	<b>Black Tie</b>

Crowne Plaza Room Rates.

Single Occupancy      £75.00 (Inc bed and breakfast)  
Double Occupancy      £85.00 (Inc bed and breakfast)  
Club Rooms              £115.00 (Inc bed and breakfast)



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. Tomatoe Soup, Basil Pesto, Mozzarella "Bocconcini"
- Option 2. Chilled Melon, Orange & Grapefruit Salad, Curly Endive, salad Cress
- Option 3. Baked Goats Cheese, Salad Leaves, Apple & Mint Salad

**Main Course**

- Option 1. Peppered Pork Medallions, Sweet& Sour Red Cabbage, Creamy Garlic Potatoes, London Pride Gravy
- Option 2. Baked Chicken Breast, Brioche & Herb Crust, Green Beans & Bacon, Baked Potatoe & Onion Tartlet
- Option 3. Filo Pastry Basket, Mushrooms from Field & Farm, Double Cream, Fresh Chervil

**Dessert**

- Option 1. Apple & Brown Sugar Crumble, Vanilla Sauce
- Option 2. Lemon Mousse, Fresh Raspberries, Strawberry Sauce
- Option 3. British Cheese Platter, Biscuits, Salted Celery, Pear Chutney

**Under 14's**

**Starter**

- Option 1. Creamy Tomatoe Soup
- Option 2. Cheesy Garlic Bread

**Main Course**

- Option 1. Mild Chilli & Rice
- Option 2. Tomatoe Pasta

**Dessert**

Fruity Banana Split

Please complete the booking form and return to head office. Payment can be made via the online shop, [www.treniconline.com](http://www.treniconline.com) or cheque (Payable to UK ITF)



## UK ITF Training Day &amp; 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

£40.00 – Adult Menu / £20.00 Under 14's

	Name	Adult / Child	Starter	Main	Dessert	
1.						
2						
3						
4						
5						
6						
7						
8						
9						
10						
					Total	£

Deadline for registration and payment : Friday 09<sup>th</sup> January 2014

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