

**NEXT...**

# Area Squad and Weapon Training: 20th March - Leek High School

**Weapons 9-10am**



**Squad 10-12am**

The weapon training is taught by British Champions Sam Finch and Jordan Welsh.

Weapons' training includes both Nunchaku and Bo-staff.

Students who wish to, can be graded in these disciplines, which will then enable them to compete in weapon divisions at competitions.

**Any Licensed Tae Kwon Do Student is more than welcome.**

Area Squad Training is for **any** student who wishes to improve their fitness and sparring or prepare for competitions.

Squad is a fast paced 2 hour session which combines pad work, kicking and sparring drills-coached by International Competitors Stacey Weatherer and Emma Deakin

**All students of any grade/age/fitness level are always very welcome.**

**WEAPONS TRAINING (1hour session) = £4.50**

**SQUAD TRAINING (2hour session) = £6**

**BOTH WEAPONS AND SQUAD = £9**