

2019 PATTERN SEMINAR

at **MARK CASHATT'S TAEKWON-DO SCHOOL, INC.**

665 FORMAN ROAD SOUDERTON, PA 18964

for all students who practice General Choi Hong Hi's set of 24 patterns. All Federations and groups are invited. Master Cashatt loves to dig deep in to the technique and application of the moves of the patterns. It's got to make sense! This will be an informative, fast-paced seminar. Participants can bow out after their rank's pattern(s) are covered.

SATURDAY, JANUARY 26

- 9 AM** Brief Warm-up
9:15 SAJU-JIRUGI, SAJU-MAKI, CHON-JI and DAN-GUN
10 DO-SAN, WON-HYO, YUL-GOK
10:45 JOONG-GUN, TOI-GYE, HWA-RANG
11:30 CHOONG-MOO, KWANG-GAE, PO-EUN and GE-BAEK
12:30 PM dismissal- group lunch at a place to be determined (your own cost)

(times subject to very slight differences- we will stay on schedule)
\$15 per hour or \$45 for the day (45 minutes rounds off to an hour)
SEMINARS LEAD BY MASTER INSTRUCTOR MARK CASHATT

REGISTRATION

NAME _____ RANK _____

DOJANG _____ emerg. phone _____

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SATURDAY, JANUARY 26, 2019
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665 FORMAN ROAD SOUDERTON PA
215-721-1839 cashattTKD@gmail.com

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