

BLACK BELT WORKSHOP

Oslo East Taekwon-Do club

2013



Four Black belt trainings

*With proper walkthru of all black belt patterns
from black belt 1st. Degree to 3rd. Degree. Self
defense techniques with direct reference to ITF Tuls*

Roy Rolstad, 4. Dan

se: www.itfradix.com



Black belt workshops fall 2013

26. September, 10. October, 7. November and 28. November

All four days at the time 1930 - 2100

oslo.ntkd.no