

# 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](http://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](http://oslo.ntkd.no)