

2006

Workshops with Master
Stephen Kirby

laekwondoNetwork

Olympic Sparring



- ▶ **Chest Gear Provided**
- ▶ **Olympic Style Training**
- ▶ **Footwork Drills**
- ▶ **Scoring Requirements**
- ▶ **Tournament Rules**
- ▶ **Judging Instruction**

Free Olympic **DVD**
VIDEO

Equipment Needed: Uniform, Headgear, Mouthpiece, Athletic Cup
Equipment Provided: Focus Pads, Chest Gear

September 16, 2006 10:AM-Noon

Lancaster YMCA

