



GMAC Taekwon-Do are honoured to host a seminar with World renowned Instructor Master Jerzy Jedut 8th Degree from Poland.

Master Jedut is AETF Secretary General, Ex-National Coach to Polish Taekwon-Do Team, Instructor to a number of European & World Champions; including six-times World Champion and twenty-times European Champion: Mr. Jarosław Suska VI Degree, an iconic National Team Representative of Poland.

Master Jerzy Jedut will be in Scotland for one day only this August, conducting seminars which will illustrate his passion for Taekwon-Do through a series of unique strength exercise's, challenging kicking combinations and interesting methods on how to incorporate effectiveness of technique, control and optimum power from beginning to end in sparring & Taekwon-Do training.

10:00 - 11:30 Juniors (under 13s)

12:00 - 16:00 Teens & Adults (age 13 and over)

More details and application forms:

www.gmacmartialarts.co.uk



MASTER JEDUT VIII

SUNDAY 7th AUGUST 2016