



WORLD SHEN CHI DO SEMINAR TRAINING DAY

A training day not to be missed, 4 and a half hours of tuition all SCD schools unite and train together.

MEMBERS AND NON MEMBERS WELCOME

- ★ Meet other students and teachers
- ★ Small demos
- ★ Explanation and adaptation of SCD techniques
- ★ Progress and learn the next stages of the syllabus

Areas that will be covered:-

- ★ Kicking
- ★ Patterns
- ★ Breaking
- ★ Sparring
- ★ Hand motions
- ★ Weaponry

Tuition by Master Shensoy 5th Dan

At the Grundy Park Leisure Centre,
Windmill lane, Cheshunt, Hertfordshire EN8 9AJ

On the 14th of June 2009 start time 12pm-4.30pm

There will be a 30min interval please bring your own refreshments

Adults: members £30 non members: £35
Children: members £20 non members: £25

For more info contact Master Shensoy on 07830210492
or log on to www.shenchido.com