

# **TAE KWON DO**

## **15 October 2002**

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### **Attended by:**

Nelle, Hayden, Matt, Sez

### **Features:**

Dave Butchers (who does Tae Kwon Do) came to show the Venturers a little bit about this art. We received a General Instruction about TKD, History, Oaths, Warm-Ups, Punches and Kicks

### **Notable Events:**

Laughed at by the Cubs, Used the Pads, White Pyjamas, Black Board – Matt, Bruised Hands, Dave really kewl instructor, Pamphlets and Magazines, If someone picks a fight with you – then run away if you have no reason to stay nor danger to any others, Punching the boards.

### **We saw:**

Our Inner Strength

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