

12^e BLACK BELT TRAINING



-BLACK BELT TRAINING:

*Believe in **YOURSELF**. Study the **Art**. And become the **Art***

- BLACK BELT TRAINING:

*The **PAIN** you feel **TODAY** will be the **STRENGTH** you feel **TOMORROW***

- BLACK BELT TRAINING:

*You don't have to be **GREAT** to **START** but you have to **START** to be **GREAT***



ZONDAG 2 oktober

- 09.00 - 11.00 uur Dojang Hoenderik.

- Toegang: vanaf 4^e kub

- Kosten €15 (itf-rd member €10)

www.tagelderland.nl