

**International Taekwon-Do Federation – (Scotland)**  
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6<sup>th</sup> August 2015

Dear Masters and Instructors,

**ITF Scotland National Team Selection – European Championships 2015**

I invite all competitors to apply for selection to the ITF Scotland National Team attending the European Championships in Motherwell, Scotland from 22<sup>nd</sup> – 25<sup>th</sup> October 2015.

The selection event will be held on Sunday 23<sup>rd</sup> August at GMAC Martial Arts, Craigwillow Centre, Craigshill Road, Livingston, EH54 5DT. The selections will commence at 10am.

*Please note that on arrival all competitors will be weight checked, and must be within 2kg of their chosen sparring weight.*

All competitors wishing to go forward for selection must apply to the Team Manager no later than Sunday 16<sup>th</sup> August. Applications should be sent alongside a signed copy of the ITF Scotland Competitor Agreement Form via e-mail to [nationalteam@itfscotland.com](mailto:nationalteam@itfscotland.com). Only applications sent by instructors will be accepted. Please do not send individual applications. Applications sent in after the deadline will be declined.

*Junior competitors must be minimum of 14 years on the first day of competition; all those born in the year 1997 must compete as a Junior. Senior's should be born in 1996 or earlier, as per the rules of competition in the official invite.*

Yours sincerely,

Mr. John McIlvaney  
ITF Scotland Team Manager