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**ORGANISATIONS**

**I.M.A.A.**  = International Martial Arts Association

**M.A.F.C.** = Martial Arts & Fitness Centre

**I.T.F.** = International Taekwon-Do Federation

**U.K.I.T.F.** = United Kingdom International

 Taekwon-Do Federation

**B.T.C.** = British Taekwon-Do Council

**W.T.F.** = World Taekwon-Do Federation

**N.A.K.M.A.S.** = National Association of Karate &

 Martial Arts Schools