

Sensei Ian Rigg

Ian began studying TaeKwon-Do in 1990 and is currently a 5th degree black belt, running his own school in Penrith, Cumbria, since 2002. During the day Ian teaches mindfulness meditation in the NHS and is also a lead tutor for the Mindfulness Association; teaching on their one year courses, and the Studies in Mindfulness MSc, he graduated from in 2013. Ian has had the opportunity to train with Kancho Cameron and his senior black belt Professor Donato, on a number of occasions and is currently a Budokon red belt and Budokon 200 hour Yoga Instructor.



Budokon MMA offered by Sensei Ian Rigg;

DAY	TIME	CLASS	LOCATION
Wednesday	7pm – 8.30pm	Budokon MMA	Beaconside Primary School, Eden Mount, Penrith, Cumbria, CA11 8EN

You enter the training hall by walking around to the right-hand side of the main school entrance, where you will see a building with floor to ceiling windows.

Classes are taught in a block and the rate is variable depending on the way you pay and the length of the block.

Contact:

Sensei Ian Rigg is your local contact and he is happy to be contacted by email or telephone if you have any questions.

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