

# SPARRING SEMINAR

with Master Pierre Laquerre

8th Degree Black Belt



5&6 Oct  
2013

Hosted by JC's TaeKwon-Do

\$40 in advance / \$50 at the door

5th: 8:30 - 12:30, Yellow to Blue Stripes

2:00 - 6:00, Blue Belts & Above

6th: 9:00 - 1:00, Competitive Sparring  
(all belt levels)

