



Feb. 22, 2014

Port Coquitlam

**Kwayhquitlum
Middle School**

**3280 Flint St.
Port Coquitlam, B.C.**

**Open to all belt levels
and all ages.**



Dear Masters and Instructors,

We are very pleased to announce that the Canadian Taekwon-Do Federation International is sponsoring a technical seminar for Western Canada in February 2014. Lead by CTFI Technical Director Master Pierre Laquerre (8th Degree), this is the first time since 2008 for a seminar like this.

All Coloured Belt and Black Belt members of the CTFI in Western Canada are invited to participate in this full-day seminar. The seminar is open to all ages and will take place in the friendly city of Port Coquitlam, part of Metro Vancouver, B.C.

Master Laquerre, a World Champion, will be sharing his knowledge of:

- *Patterns technique;*
- *Free Sparring skills and drills;*
- *Self-defence techniques.*

As an added bonus, in a separate seminar on Sunday, February 23, 2014, Master Laquerre will offer individual high performance competition coaching for patterns and sparring. Entry into this seminar is limited!

Please direct your students to our special web page for full information, on-line registration and host hotel information:

www.triumphtkd.com/mpl.html

Come and learn from Canada's top Black Belt in February, 2014!

Sincerely,

Kevin Reinelt (VI)

Hosted By

Triumph Taekwon-Do
"Achieve Personal Triumphs"

CTFI Western Canadian Technical Seminar

Main Event Information

- What:** CTFI Western Canadian Technical Seminar
- Instructor:** Master Pierre Laquerre (VIII)
CTFI Technical Director, World Champion
- Who:** All CTFI members, all belt levels, all ages from Manitoba, Saskatchewan, Alberta and BC.
- When:** Saturday, February 22, 2014 8:30 am to 5:30 pm
See web site and following pages for full schedule details.
- Where:** Kwayhquitlum Middle School
3280 Flint St., Port Coquitlam, BC (See Map attached)
- Hosted By:** Triumph Taekwon-Do
Mr. Kevin Reinelt (VI)
Contact: email: achieve@triumphtkd.com
Tel: 604-944-5425

Seminar Focus:

- Patterns Techniques
- Sparring drills and skills
- Self-Defence techniques and skills

Fee: All CTFI Members.....\$60

GST of 5% will be charged in addition to the above fees

Registration: All registration will be on-line by Internet. See web page for registration link.

Registration closes February 9, 2014 at 11pm Pacific time.

CTFI Western Canadian Technical Seminar

Special Event Information

- What:** High Performance Competition Coaching
- Instructor:** Master Pierre Laquerre (VIII)
CTFI Technical Director, World Champion
- Who:** Red Belts and Black Belts only, all ages from Manitoba, Saskatchewan, Alberta and BC.
- When:** Sunday, February 23, 2014 9:00 am to 12:00 pm
See web site and following pages for full schedule details.
- Where:** Triumph Taekwon-Do Dojang
#312 – 1515 Broadway St., Port Coquitlam, BC (See Map attached)
- Hosted By:** Triumph Taekwon-Do
Mr. Kevin Reinelt (VI)
Contact: email: achieve@triumphtkd.com
Tel: 604-944-5425

Seminar Focus: Individual assessment and competition coaching for

- Patterns
- Free Sparring

GST of 5% will be charged in addition to the above fees

Fees:.....\$30

Limited Entry: This session will be limited to the first 15 applicants.

Registration: **All registration will be on-line by Internet.** See web page for registration link.

Registration closes February 9, 2014 at 11pm Pacific time.

CTFI Western Canadian Technical Seminar

Important information regarding Registration:

Instructors: All participants in these 2 seminars must use our online registration system. Please direct all students to the event web page at www.triumphtkd.com/mpl.html . There, click on the Register Button and you will then be directed to the registration site.

Participants may also go to the CTFI website at: www.ctfi.org . From there find the “Upcoming Events” page and click on the link to register.

*** **Instructors** are asked to take responsibility for on-line registration of any students who do not have access to the Internet or do not have credit cards. If there are any difficulties, please contact the help line provided on the on-line registration page, or the Event Host.

Examinations:

Master Laquerre will be available for Black Belt examinations for anyone wishing for promotion to 4th degree or higher. Examinations will take place at Triumph Taekwon-Do Dojang beginning at 2pm on Sunday, February 23, 2014.

All examinees must review applications with their Instructors. Please contact Mr. Reinelt to make arrangements. Deadline for applications for examinations is January 26, 2014.

Accommodations:

The official event host hotel is the **Coquitlam Ramada Inn**, located at 631 Lougheed Hwy, Coquitlam, BC.

This is a well-rated hotel about 15 minutes drive from the seminar venue. It has a heated indoor pool, spa pool and fitness centre.

Room rates are \$95 per night for single to quadruple occupancy.

This price includes a full hot breakfast buffet served in the hotel dining room each morning.

Parking is free for all vehicles including plenty of free parking for large motor coaches.

When booking a room, please quote reference number: 1402KEVINR

To make reservations, please call hotel direct and speak to Tammy or Gloria: (604) 931-4433.

Cutoff for booking host hotel rooms at this rate is February 9, 2014. Please be sure to book your rooms before this date! After that date, rooms may or may not be available at this rate.

CTFI Western Canadian Technical Seminar

Participant Shuttles

For anyone flying in, we will arrange for free transfers:

- from airport to the hotel and back to the airport
- to and from the hotel to the venue.

If you are travelling by air and require a shuttle ride, please contact us to let us know your travel details. Deadline for booking shuttle rides is February 9, 2014.

Insurance

Master Pierre Laquerre, the Seminar Host and the CTFI are not responsible for any injuries. Participants must have full third party liability insurance cover for any injuries they may cause to others. Instructors must provide Proof of Insurance by February 9, 2014, or their participants will not be allowed to participate.

Schedule of Events

Please note that the following times are tentative, and will be confirmed as more details become available. The most up-to-date schedule of events can be found on the web site. A final schedule will be published in the week prior to the seminar.

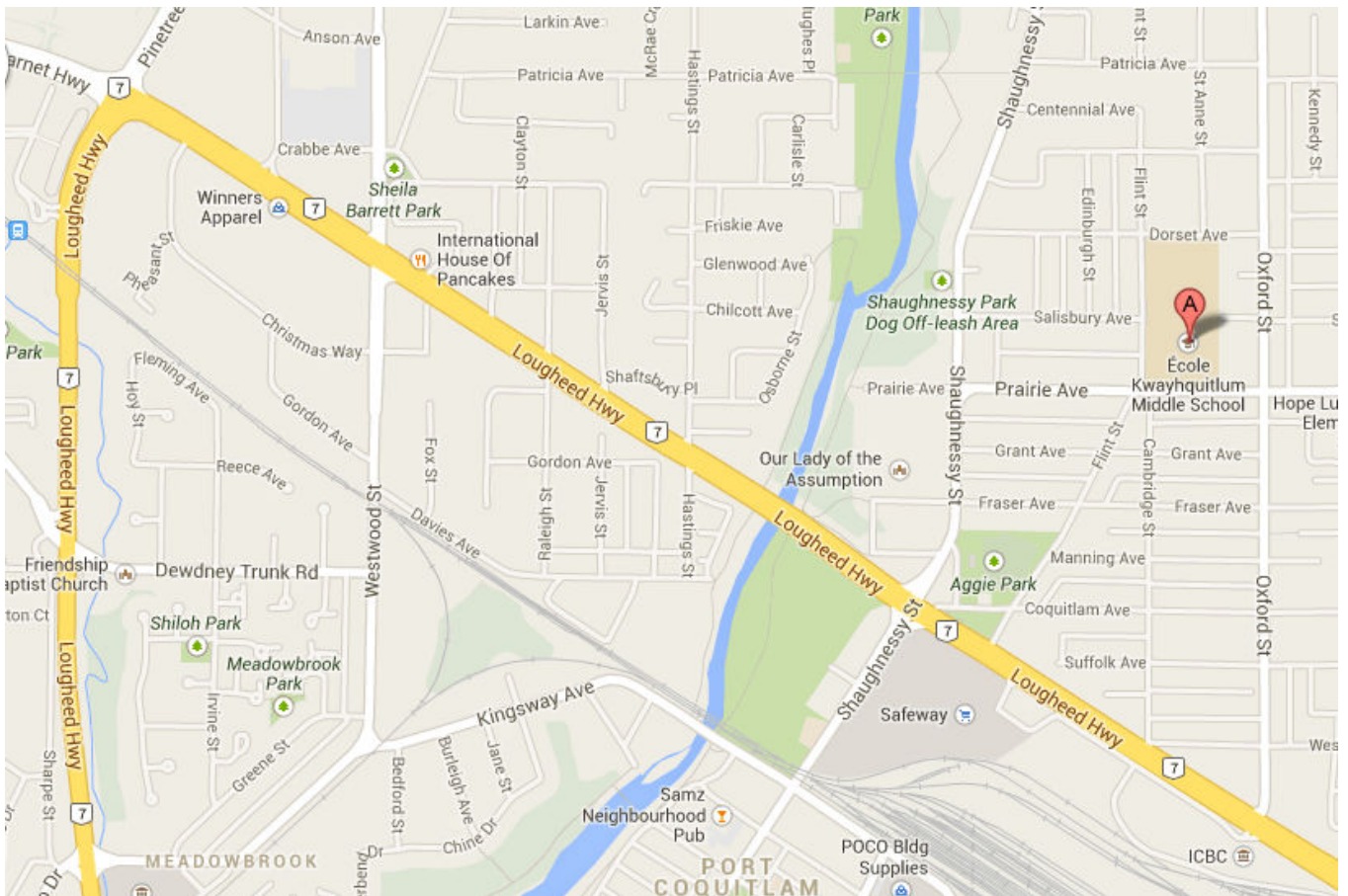
Friday February 21, 2014	Participants arrive in Coquitlam, BC
Saturday February 22, 2014	CTFI Technical Seminar
	8:30am-12pm Morning training session
	12pm – 2pm Lunch break and rest period
	* A special lunch room will be available at the venue for anyone bringing their own food.
	2pm – 5:30pm Afternoon training session
Sunday February 23, 2014	8:00am-12pm High Performance Competition Coaching
	2pm – 5pm Black Belt Examinations for Promotion

CTFI Western Canadian Technical Seminar

Event Location

Venue Address: **Kwayhquitlum Middle School**
3280 Flint St., Port Coquitlam, BC

Parking: There is plenty of free parking in small lots all around the venue, with room for motor coaches as well. Instructors, please let us know if you are bringing a motor coach so we can ensure that the gates are opened to this parking area. They may not be otherwise.



From the host hotel, go East on Lougheed Highway (#7). Follow Lougheed as it turns sharply to the right. Proceed to Shaughnessy St. and turn left (North), then right on Prairie Ave. to Flint St.

From Surrey or Vancouver, travel on Highway #1 and take the exit for Mary Hill Bypass. Go East on Mary Hill Bypass, then turn left and go north on Broadway St. This will cross above the rail yards and become Coast Meridian. Continue north and turn left on Prairie Ave, proceed to Flint St.

There are several small parking lots all around the school. Entry doors will be at the south-west corner of the building near of Prairie and Flint.

CTFI Western Canadian Technical Seminar

WEB SITE FOR INFORMATION AND REGISTRATION

INSTRUCTORS, TO HELP YOUR STUDENTS GET ORGANIZED, READ ABOUT AND REGISTER FOR THE EVENT, PRINT THIS PAGE, CUT OUT THE SQUARES AND HAND THEM OUT!

<p>CTFI Western Canadian Technical Seminar February 22, 2014 Information and register at: www.triumphtkd.com/mpl.html</p>	<p>CTFI Western Canadian Technical Seminar February 22, 2014 Information and register at: www.triumphtkd.com/mpl.html</p>
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