

IIC 101-INFORMATION PACKAGE

INTERNATIONAL INSTRUCTOR COURSE
REGINA, SK-ÉCOLE MONSEIGNEUR DE LAVAL
APRIL 25th - 26th, 2015



GRANDMASTER BOS



MASTER NORMAN



GRANDMASTER LAN

INFORMATION
& REGISTRATION
AVAILABLE ONLINE!
VISIT: WWW.CTFI.ORG
DEADLINE: APRIL 1, 2015
EMAIL: CTFIHQ@GMAIL.COM



HOSTED BY: SASKATCHEWAN TAEKWON-DO FEDERATION INTL



Table of Contents

INVITATION LETTER.....	3
COURSE REGISTRATION AND FEE PAYMENT.....	4
COURSE SCHEDULE.....	4
HOTEL ACCOMMODATIONS	5



Dear Respected Grandmasters, Masters, Instructors & Students:

The Canadian Taekwon-Do Federational International (CTFI), along with the Saskatchewan Taekwon-Do Federation International (STFI) cordially invite you to the 101st ITF INTERNATIONAL INSTRUCTOR COURSE [IIC] to be held in Regina, Saskatchewan on April 25th & 26th, 2015. We are honoured to welcome the ITF Technical Committee of Grandmaster Bos IX, Grandmaster Lan IX, and Master Norman VIII, who will conduct the two day course which will focus on Fundamental Movements, Patterns, Sparring, and Self-Defense.

The 101st ITF INTERNATIONAL INSTRUCTOR COURSE is open to all ITF members who hold the rank of 1st Dan to 9th Dan Black Belt. The ITF Promotion Committee will also be holding a 7th & 8th Dan Black Belt Grading on Sunday, April 26, 2015 after completion of the last session.

Please visit www.ctfi.org to submit your registration information and for course fee payment instructions.

✕PLEASE SUBMIT ALL APPLICATIONS & REGISTRATION FEES BY APRIL 1, 2015✕

If you require additional information, please email us at ctfihq@gmail.com

Yours in Taekwon-Do,

A handwritten signature in black ink, appearing to read "Chelsea Stone".

Ms. Chelsea Stone - V Dan
STFI & CTFI Admin

-on behalf of-

A handwritten signature in black ink, appearing to read "C. Norman".

Master C. Norman - VIII Dan
STFI Technical Director
& CTFI President



COURSE VENUE

The IIC 101 will be held at **École Monseigneur de Laval**, which is less than a 5 minute drive from the official host hotel (Travelodge), and about 20 minute walk.
Address: **1601 Cowan Cres., Regina, SK., S4S 4C4**

ONLINE REGISTRATION

The online registration form can be found at www.ctfi.org in order to attend this event. Fees for non-Saskatchewan residents are payable by cheque or money order to: Canadian Taekwon-Do Federation International All Saskatchewan residents must pay in USD cash

SEMINAR FEE

1st – 3rd Dan (US \$200)
4th – 6th Dan (US \$250)
7th – 9th Dan (US \$150)

SCHEDULE

REGISTRATION: FRIDAY APRIL 24

19:00 – 21:00 Travelodge Hotel

COURSE: SATURDAY APRIL 25

08:30 – 09:00 All course participants assemble in venue to await arrival of Grand
09:00 – 12:00 Masters and Masters 1 Morning Session
12:00 – 13:30 Break for lunch.
13:30 – 17:00 Afternoon Session
19:30 – 22:30 **Banquet at the Travelodge Hotel - Details to follow!**

SUNDAY APRIL 26

08:30 – 09:00 All course participants assemble in venue to await arrival of Grand
09:00 – 12:00 Masters and Masters Morning Session
12:00 – 13:30 Break for lunch
13:30 – 17:00 At the end of this session all course participants will receive the official

ITF attendance certificate and group photograph for the 101st IIC .
The 101st IIC will be officially brought to a close and all participants will say farewell.

DEGREE TESTING - Time & Location TBA

Candidates wishing to test for 7th & 8th Dan promotion must submit the following requirements one (1) month prior the promotion date to the ITF Administrative HQ through their respective NA or AA:

National Degree Application Form | Curriculum Vitae | Thesis (minimum of 6 pages) |
Letter of Approval from NA or AA



ACCOMMODATIONS

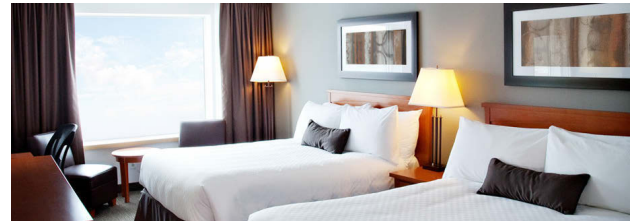
The IIC Organising Committee (OC) will not be responsible for any hotel bookings. It is the responsibility of the participants to manage their own arrangements.

FLIGHTS

For those who are flying in Regina for the IIC will need to arrive at the Regina International Airport (YQR). The airport is conveniently located approximately 5 minutes from the official host hotel by taxi

HOTEL

The hotel chosen as the official hotel of the IIC 101 is the Travelodge Hotel and Conference Centre, located at 4177 Albert St., Regina, SK., S4S 3R6



Hotel Features

✕ Regina's largest waterslide ✕ 200 guestrooms featuring 50" HDTVs ✕ Full-service conference hotel ✕ Complimentary high-speed Internet ✕ Free parking ✕ 100% non-smoking facility ✕ Secured-access corporate floor ✕ Special rates for groups and teams ✕ 24 hour guest fitness center ✕ Over 16,000 square feet of meeting & banquet space with onsite catering ✕ One of the closest hotels to the Regina International Airport and less than 10 minutes from downtown ✕

Guest Rooms

Each of our guestrooms is non-smoking and features:

✕ 50" flat-screen HD TVs ✕ Complimentary high-speed wired and wireless Internet ✕ Simmons Beautyrest Pillowtop mattresses ✕ Work desk & chair ✕ Keurig coffeemaker with free daily coffee & tea ✕ Mini-fridge ✕ Free local telephone calls ✕ No access charge for long distance ✕ Confidential voicemail ✕ iHome clock radio with iPod docking station ✕ Individual climate control ✕ Hairdryer ✕ Iron & ironing board ✕ Bathtub with shower

Reservations:

A price of \$129.95 + tax/night for a double room (2 Queen beds) and is available for the dates of April 24 - 27, 2015.

****You will need to quote CODE: CGSTWD & BLOCK ID: 1347288**

Direct Line & Reservations: (306) 586-3443

Email: groupsales@travelodgeregina.com

Fax: To the attention of Group Sales (306) 586-9311

Toll Free Reservations Line: (844) 586-3443



GOLDEN MILE SHOPPING CENTRE 7

- Entertainment:**
The Broken Rack, Golden Mile Bowling Lanes, Rainbow Cinemas
- Retail:**
Ardene, Carlton Cards International Clothiers, Liquidation World, Rexall Drugs, Urban Planet, Shoe Warehouse, Suzy Shier Outlet
- Grocery:**
Extra Foods
- Banks/ATM:**
RBC
- Restaurants:**
Smitty's
- Salons:**
Golden Mile Beauty Salon

SOUTHLAND MALL 73

- Entertainment:**
Cineplex Odeon, Cinescape
- Retail:**
La Senza, Le Château, Ricki's, Suzanne's, Tip Top, Bluenotes, Bootlegger, North Shore, Aldo, HMV, Ben Moss, Charm Diamonds, Claire's, Bentley, The Body Shop, Slice Athletic Wear, World of Trout, Canadian Tire, Atmosphere, Mark's Work Warehouse, SportChek
- Grocery:**
Safeway
- Banks/ATM:**
BMO, CIBC
- Restaurants:**
Smitty's
- Salons:**
MasterCuts, Chatters, Regis
- Communications:**
Jump.ca, Telus Wireless, Fido, Rogers Wireless, Koodo, Bell Mobility

RESTAURANTS/LOUNGES

- | | | |
|------------------|-----------------|-----------------|
| 1 Original Joe's | 45 Grekos | 74 Applebee's |
| 4 Western Pizza | 46 Pasta Prima | 75 Montana's |
| 18 Earls | 47 The Cottage | 76 Swiss Chalet |
| 28 Brewsters | 49 Tony Roma's | |
| 36 The Keg | 68 Boston Pizza | |
| 44 Plum Garden | 70 Bonzzini's | |

MEDICAL/HEALTH SERVICES

- | | |
|-------------------------------|----------------------------|
| 10 Albert Park Family Medical | 24 Landmark Medical Centre |
| 19 Nu Image Medi-Spa | 60 U Weight Loss Clinic |
| 21 Chiropractic Health Centre | |

FAST FOOD/COFFEE SHOPS

- | | | |
|------------------|----------------|---------------|
| 3 Robin's Donuts | 27 Quiznos | 50 Wok Box |
| 8 Mr. Sub | 29 Burger King | 51 Pizza Hut |
| 11 KFC | 30 Subway/TCBY | 66 McDonald's |
| 14 Dairy Queen | 31 Domino's | 77 Starbucks |
| 25 French Press | 33 Tim Hortons | |
| 26 Extreme Pita | 41 A&W | |

Salon/Spa

- | | |
|-----------------|---------------------------------|
| 15 Salon 306 | 61 Crimson Hair Design |
| 22 Shear Escape | 63 Pure Blyss Tanning & Day Spa |
| 34 Ultracuts | 64 Body Fixx Massage/Esthetics |

GROCERY/DRUG STORES

- | | |
|-------------------------|-------------------------|
| 2 Safeway | 20 Scotiabank |
| 23 Shoppers Drug Mart | 32 TD Bank |
| 37 Sobeyes | 59 Conexus Credit Union |
| 67 Gordon Road Pharmacy | 72 BMO |
| | 73 CIBC |

BANKS/ATMS

GAS/AUTOMOTIVE

- | | | |
|----------------------|---------------------|-----------------|
| 5 Extra Foods Gas | 48 Petro Canada | 62 Petro Canada |
| 12 Esso | 53 Speedy Autoglass | 69 Shell |
| 40 Cdn Tire Gas | 54 OK Tire | 71 Shell |
| 42 Bridgestone Tires | 55 Midas | |
| 43 Co-op Gas | 58 CAA | |

OTHER

- | | |
|---------------------------------|----------------------|
| 9 Sherwood House Motel | 39 Track and Trail |
| 13 Executive Royal Hotel Regina | 56 Fabutan |
| 16 Liquor Board Store | 57 Curves |
| 17 Crocus & Ivy | 65 Dollarama |
| 35 Holiday Inn Express | 78 Chapters |
| 38 Sunshine and Ski | 79 Cade Style Lounge |



MAJOR DESTINATIONS

- 1 Pasqua Hospital
- 2 Casino Regina
- 3 Mosaic Stadium
- 4 RCMP Training Academy & RCMP Heritage Centre
- 5 Lawson Aquatic Centre and Fieldhouse
- 6 Evraz Place
Brandt Centre, Queensbury Convention Centre, Credit Union Eventplex and Co-operators Centre
- 7 Cornwall Centre
- 8 General Hospital
- 9 Wascana Park
- 10 Sask Science Centre & IMAX Theatre
- 11 Legislative Buildings
- 12 Conexus Arts Centre
- 13 University of Regina
- 14 First Nations University of Canada
- 15 SIAST Wascana Campus
- 16 Southland Mall
- 17 Grasslands Retail District
Walmart Super Centre, Lowe's, Bulk Barn, Jones New York, Sleep Country, Golf Town, Urban Barn, Five Guys Burgers and Fries, Days Inn Airport West, Bed, Bath & Beyond, Cabela's, London Drugs