



**AUGUST  
21, 22, & 23  
2009**

**PRINCE GEORGE, BRITISH COLUMBIA**



**TRAINING SEMINAR WITH**

**GRANDMASTER TRẦN TRIỀU QUÂN**

PRESIDENT OF THE INTERNATIONAL TAEKWON-DO FEDERATION (I.T.F.)

**TOPICS COVERED**  
SELF DEFENSE  
SPARRING  
COMPETITION TRAINING  
THE "DO"



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