

January 15th 2015



**Grand Master Lu's Taekwon-Do** ~Est. 1982  
*An Art, A Philosophy, A Sport, and A Way of Life*



### **TAEKWON-DO Seminar by Senior Grand Master Lu, 9<sup>th</sup> dan**

Michel Marcotte's Taekwon-Do school has the pleasure of inviting you to its first international seminar given by Senior Grand Master Lu. This event will be held on March 21<sup>st</sup> 2015 at Notre-Dame Elementary school in Lac-à-la-Tortue (Shawinigan city): 881, 94<sup>e</sup> rue, Lac-à-la-Tortue, G0X 1L0.

Senior Grand Master Lu was the General Choi Hong Hi assistant from 1985 to 2002. He is currently President of the Chan Hun International Taekwon-Do Federation. He also teaches at his Ottawa's dojang and he gives seminars all around the world.

The seminar which is offered to you will treat the following aspects: patterns, sparring and self-defense. This is a wonderful opportunity to take part in a Taekwon-Do class given by the Grand Master who taught with the Taekwon-Do founder for many years.

#### **Schedule:**

- **Color belts :** From 9 am to noon: **40\$**
- **Black belts:** From 9 am to noon and from 2 pm to 5 pm. **55\$**
- **Banquet :** At 6 pm (Café Hong Kong, 294, 6<sup>e</sup> avenue, Grand-Mère)

I expect your registration by email. It will be possible to pay the fees on March 21<sup>st</sup> at 8 am.  
Best regards!

Sabum Michel Marcotte,  
5<sup>th</sup> dan Chan Hun ITF  
[mmarcotte@csenergie.qc.ca](mailto:mmarcotte@csenergie.qc.ca)



**TAEKWON-DO Seminar by Senior Grand Master Lu**

**March 21<sup>st</sup> 2015**

**Notre-Dame school, Lac-à-la-Tortue**

**Name :** \_\_\_\_\_

**Age :** \_\_\_\_\_

**Belt :** \_\_\_\_\_

**Dojang :** \_\_\_\_\_

**Instructor :** \_\_\_\_\_

**Address :** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I understand that Taekwon-Do is a martial art with contacts and I accept all the risks.

**Signature :** \_\_\_\_\_

**Date :** \_\_\_\_\_