



**MACKENZIE**  
**ITF... True and Original TAEKWON-DO**

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August 11, 2010

Dear Instructors and Students:

I am very excited to announce that Master Pierre Laquerre will be coming to Nova Scotia to conduct a seminar on Patterns on September 18<sup>th</sup>, 2010. The seminar will be held at MacKenzie Taekwon-Do – 270 Bluewater Road in Atlantic Acres business park.

This year's seminar will focus on the key aspects of patterns including fundamental movements, theory of power, training secrets and diagram.

There will be two sessions:

8:30am – 12:30am \* white belt to Blue stripe

2:00pm – 6:00pm \* blue belt and up

The registration fee for each session is \$40.00. There will be a maximum of 40 students per session, so it is recommended that you register early as this seminar will sell out fast.

Master Laquerre is an ITF 8<sup>th</sup> Degree Black Belt and the Technical Director for the CTFI and works directly with the ITF Technical Committee to continue to improve the quality of instruction in Canada. Master Laquerre has also been very successful in competition and has much experience to offer. He has been a National Team member 3 times, finalist in breaking at the World Championships in 1987, Gold Medalist in Patterns at the World Championships in 1990 and National Team coach 6 times.

I would personally like to invite you and your students to participate in this seminar, which should be a very exciting event here in Nova Scotia. Attached you will find a poster and registration forms for each participant to fill out.

I look forward to seeing you all at the seminar in September.

Yours in Taekwon-Do,

Ken MacKenzie  
MacKenzie Taekwon-Do

[www.MacKenzie-Taekwondo.com](http://www.MacKenzie-Taekwondo.com) . . . . .