

ITF HQ OPEN INTERNATIONAL INSTRUCTOR COURSE

BY: MASTER MICHAEL MUNYON



Thursday September 11th

9 am to 1 pm (Students will receive national accreditation from the Health and Safety Institute)

This course will be offered prior to the ITF HQ International Instructor Course. All Black Belts, Instructors, and Dojang owners should have an up-to-date CPR/First Aid certification. The cost of this course will be \$75 for non-International Instructor Course students, and only \$50 for those who are participating in the International Instructor Course. This fee is separate from the IIC itself.



Day 1: Friday September 12th

8 am - 5 pm

Morning Session:

Open to all Colored and Black Belts.

- The traditional way of starting an ITF Taekwon-Do class
- Color belt Tuls and their intended tactics
- Kicking applications
- Pre-Arranged Sparring protocols and applications

Lunch Break:

Afternoon Session:

- Black Belt Tuls and their intended tactics
- Pre-Arranged Sparring at different distances
- Hosin Sul



Day 2: Saturday September 13th

Morning Session:

- Warming up the class and Dallyon training
- The 9 Dodges of Taekwon-Do
- Model Sparring
- More Tuls

Lunch Break:

- Teaching/Coaching fundamentals (I.D.E.A./P.C.P.)
- Teaching evals
- ITF HQ Tournament Training (Board Breaking)
- Business growth-ITF HQ Tul Tour briefing-ITF HQ administrative processes
- Certificate presentation and photos
- Gordon Martial Arts Promotions will be held at the Crestview Community Center located at 1446 Commerce Dr. (Must attend)



We are excited to see you at the ITF HQ Open International Instructor Course in Crestview. To reserve your spot, please call (850) 682-0720. It's important that you reserve and pay for your spot immediately so that we can order certificates from ITF HQ and have them delivered on time (takes a couple weeks to arrive). If you fail to reserve your spot or don't sign up ASAP, you will not receive your certificate at the event and may cost you more to have it delivered.

Hotel suggestion: Comfort Inn & Suites, 900 Southcrest Dr. Crestview, FL
Phone: 1 (850) 682-1481

Note: This schedule is subject to change.

~Master Michael Munyon, VIII Dan, ITF HQ North America Regional Director/President, ITF HQ-USA