Tiger Studios Taekwondo
Studio: 4913 - 52 Ave., Leduc, AB
Mail: PO Box 5452 Leduc, AB, T9E 6L7
Phone (780) 986-6956 Fax 780-665-6189
E-Mail: tigerstudios@telus.net
Web Site: www.tigerstudiostaekwondo.com

Full Blown Martial Arts Weekend!

Saturday, February 25th and Sunday February 26th, 2006

Tiger Studios is pleased to present a weekend of lecture and practical training intended to enrich the depth of knowledge of advanced martial artists and instructors.

Presentations from industry related professionals aimed at providing participants with the tools to expand and evolve their martial arts and teaching skills.

- √ **Registered Dietician**
- √ **Medical Doctor**
- √ **Occupational Therapist**
- √ **Personal Trainer**
- √ **Professional Educator**
- √ **2 Martial Arts Master Instructors**

5 Hours of Lecture!
5 Hours of Practical Training!

"Quality Martial Arts Instruction - Serving Leduc and Area since 1986"
Member - Martial Arts Industry Association

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General Information

Who can Attend?

Any adult student 14 years old or more of blue belt rank or higher. This seminar series is of interest to students and instructors alike.

Registration:

Pre-registration is required by **February 17th, 2006** in order to ensure enough weapons and adequate training space is available.
You may register by;

- **Mail – PO Box 5452 Leduc, AB T9E 6L7**
- **Fax – 780-665-6189**
- **Email – tigerstudios@telus.net**
- **In Person – 4913 – 52 Ave. Leduc, AB**

Payment is required upon registration in order to reserve your spot and may be made via **cash, check, Visa or MasterCard**. Participation is first come, first served.

Accommodation:

The recommended hotel for this event is:

Leduc Inn
5705 - 50th Street
Leduc, AB
Phone (780) 986-6550

Locations:

Lectures will be presented downstairs at

- **Leduc Inn, 5705 – 50th Street, Leduc, AB**

Physical training will be held at

- **Tiger Studios, 4913 – 52 Ave. Leduc, AB**

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Event Itinerary

Lecture Component; Leduc Inn Banquet rooms 12:00 to 5:30 pm Sat. Feb 25th, 2006

Presentations:

i) Registered Dietician 1 hour – Ms. Lisa Sutcliffe RD, M Sc.
   (a) Basic Nutrition for athletes
   (b) Adjusting food intake for activity level
   (c) Dietary considerations for competitors vs. non-competitors
   (d) Hydration considerations

ii) Medical Doctor 1 hour – Dr. Simon Lewin, MD, B Sc.
   (a) Basic physiology
   (b) Muscle and connective tissue injuries
   (c) Blunt force trauma
   (d) The effects of aging on athletes
   (e) Do-jang triage
   (f) Concussion

iii) Occupational Therapist 1 hour – Mr. Gary Rowland, ROC, M. Sc.
   (a) Rehabilitation and prevention of re-injury
   (b) Age as a factor in martial arts training
   (c) Supplements and alternative therapy

iv) Personal Trainer 1 hour – Mr. Derek Sadler, PFT, SPS
   (a) Workout safety and planning
   (b) General training plans for core, cardio, strength, toning and maintenance

v) Professional Educator 1 hour – Mr. John Felling, B. Ed.
   (a) Instructional techniques and class management
   (b) Conditioning techniques and adaptations from beginners to advanced
   (c) Conditioning games and activities

Physical Training Component; Tiger Studios 10:00 am to 4:00 pm Sun. Feb 26th, 2006

i) Practical Self-Defense 2 hours – Master Norm Moreland
   (a) Concepts, methods and application
   (b) Offensive tactics and techniques
   (c) Advanced application for armed and unarmed attackers
ii) Introduction to Nanchaku 1 hour – Mr. Derek Sadler
iii) Introduction to Kali-Arnis 1 hour – Master Norm Moreland
iv) Introduction to Boken 1 hour – Master Norm Moreland

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Packages Available

Full Weekend Package Including;

- 5 hours of lecture on Sat. Feb 25th, 2006
- 5 hours physical training Sun. Feb 26th, 2006
- Catered lunch on Saturday
- 5 generic personal training plans
- 1 pair rattan Kali sticks
- 1 pair foam, ball bearing and chain nanchaku – NO wooden nanchaku will be permitted
- 1 hardwood boken (wooden sword)
- Completion certificate
- DVD production of the entire weekend

Cost: $175.00 + GST ($187.25)

Lecture only Package Including;

- 5 hours of lecture Sat. Feb. 25th, 2006
- 5 generic personal training plans
- DVD production of the lecture portion

Cost: $85.00 + GST ($90.95)

Physical Training only Package Including;

- 5 hours practical training Sun. Feb. 26th, 2006
- 1 pair rattan Kali sticks
- 1 pair foam, ball bearing and chain nanchaku – NO wooden nanchaku will be permitted
- 1 hardwood boken (wooden sword)
- DVD production of the physical portion

Cost: $105.00 + GST ($112.35)

Payment via Cash, Check, Visa or MasterCard only

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Full Blown Martial Arts Weekend

Participant Registration

Please Print!

Name:

_____
Last First

Address:

_____
Street City PC

School Name:

_____

Instructor / Master:

_____

Male: ____ **Female:** ____ **Age** _____ **Rank** _____

Package:

Full: ❒ **Lecture Only:** ❒ **Practical Only:** ❒

Method of Payment:

Cash: ❒ **Check:** ❒ **Visa:** ❒ **MasterCard:** ❒

Card Number: _____ **Expiry:** _____

☑ **Important! The name and address you provide on this registration must match exactly your credit card statement information in order for us to process your payment.**

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Occupational Therapist

Mr. Gary Rowland, OT, M. Sc.

Mr. Rowland has extensive experience and a wealth of knowledge accumulated in working with severe brain injured patients at Alberta Hospital in Ponoka for the past 16 years,

Medical Doctor

Dr. Simon Lewin, MD, M. Sc.

Dr. Lewin is a general practitioner / surgeon and has been the team doctor for the LA Crude rugby squad for the past 18 years. Educated in England, he also has extensive experience in emergency room practice and the treatment of a wide array of injuries.

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Registered Dietician

Lisa Sutcliffe RD M.Sc.

I have completed a 4-year B.Sc. degree in Food and Nutritional Sciences at the University of Alberta. To earn my professional designation as a Registered Dietitian I was required to complete a 1-year dietetic internship offered by the University of Alberta. Upon completion of my internship I decided to enroll in graduate school at the University of Alberta to earn my M.Sc. in Nutrition and Metabolism focusing on nutrition and cancer.

In general, Registered Dietitians have an in depth knowledge of metabolism and how nutrition is related to health and chronic disease. Our primary responsibility is to translate and communicate complex and sometimes confusing nutritional science, into understandable advice for people wishing to improve their health and/or manage disease through diet.

I hold a black belt in Shotokan karate and have competed at the national level.
Although I no longer practice karate at a competitive level, I have taken up another sport, running.

The goal of the nutrition seminar is to learn about healthy eating. We will cover the basics of healthy eating and healthy eating for sport.

Lisa Sutcliffe RD M.Sc.
Department of Agricultural, Food & Nutritional Sciences 4-10 Agriculture/Forestry Centre
University of Alberta Edmonton, AB. T6G 2P5
Phone: 780-886-8907
Fax: 780-492-4265
E-mail: ls2@ualberta.ca

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Professional Educator

Mr. John Felling, B. Ed.

"Now why didn't I think of that?" as presented by John Felling

John has been and educator in the greater Leduc/Edmonton area for the past 27 years. His range of teaching experience stretches from grade one to university graduate studies. He has (many years ago, when he had hair) competed nationally and internationally in Track and Field and has coached and officiated at the national level. John's wealth of knowledge and experience teaching kids and adults various components of physical activities and sports is shared with participants in humorous and practical ways. The presentation will be tailored to the participants so they come away with ideas they can implement at their next class. Participants are encouraged to take what they learn and make modifications (improvements?) to suit their particular situation.

General topic areas include:
- instructional techniques and class management (without whips)
- conditioning techniques and adaptations from beginners to advanced
- conditioning games and activities
- areas of interest identified by the participants or "What would you do if ….." scenarios.

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Chief Instructor

Master Moreland is a professional martial artist, and has been studying martial arts since 1965.

Master Norm Moreland

Owner and Chief Instructor
Tiger Studios Taekwondo.

- √ Kukkiwon Taekwondo Certified 5th dan Master Instructor
- √ Chang Moo Kwan Taekwondo Certified 5th dan Master Instructor with Commendation
- √ International Hapkido Federation Certified 2nd dan
- √ Japan Karate Federation Certified 1st dan
- √ Advanced Teaching Certificate in Kali – Modern Arnis under Guro Bennito Marissigan and Guro Norman Suanico
- √ WTF Taekwondo Association of Canada Class 1 Referee
- √ WTF Taekwondo Association of Canada Instructor's Academy Certified Level 2 Instructor
- √ Security Operations Officer – Mid East & North African Operations Division
- √ Personal Protection Services Contractor
- √ Over 40 years experience as a student of the martial arts

PRECISION MARTIAL ARTS ACADEMY

#207, 10807 Castle Downs Road, Edmonton, AB,

Phone: (780) 472-6238, Fax: (780) 443-6493

Visit us at: www.precisionmartialarts.com

HEAD INSTRUCTOR

MR. DEREK SADLER, PFT, SPS

Master Instructor & Owner
Precision Martial Arts Academy

- Certified 4th Dan Black Belt in Taekwondo (WTF)
- Certified Personal Fitness Trainer & Sports Performance Specialist
- Over 23 years of Martial Arts Education
- Dynamic Fitness Professional for over 10 years
- Proud Member of Team Canada (6th place in the World) at the 2004 World Taekwondo Hanmadang in Seoul, Korea.
- 2004/2005: Served as the Tournament Director of Taekwondo Alliance of Alberta (TAA)
- 2003 & 2004: Served as the Technical Director of the Taekwondo Alliance of Alberta (TAA)
- Class 2 National Referee (ATA, WTF, TKD Canada)
- Proud Father of two daughters, Kassandra (14) & Taylor Brooke (2)

Master Derek Sadler is well known for his high energy, contagious enthusiasm and passion for teaching and helping others.

His dedication to developing skilled, productive, and respectful students is unsurpassed. Master Sadler strives to uphold the highest standards in Taekwondo and fitness education with integrity and care.

"Anything is possible…with vision, determination, and perseverance!"

"Simply set your goals, follow your dreams, and never give up!"

Mr. Derek Sadler

*Mr. Sadler **destroys 9 concrete bricks** in May 2003 at his prestigious 4th Dan Promotion Test in Edmonton.*