

HAPKIDO & POOMSE

Tune-Up Seminar

Hapkido, like Taekwondo is a martial art of Korean origin, but is primarily designed for close range defence utilizing pressure points, joint locks, chokes, throws, specialized strikes, grappling, and weapons among other things.

Grandmaster Ronald R. Suggs

Founder A. H. H. A., 9th Dan Black Belt HKD, 8th Dan JiDoKwan, 7th Dan Kukkiwon, 6th Dan Judo

www.hurkchookwan.com

An American military policeman, Grandmaster Suggs lived, trained and taught throughout Asia for many years to civilians and armed forces personnel alike. A member of many military demonstration and competition teams, he was also in numerous potential deadly circumstances. He has been decorated by both the Korean and American governments, including past US President Gerald Ford. I have never met anyone with the extensive legitimate certifications Grandmaster Suggs holds in Hapkido, Taekwondo, Tang Soo Do, and Judo. Fascinating, candid, entertaining and easy going, he is an effective and skilled instructor.

Grandmaster Suggs has been my Instructor since 1993. In that time he has visited our school often and in turn I have taken my senior black belts to spend time with him. He has a profound effect on the quality of my students and instructors, creating tremendous confidence in his seminar participants.



This particular event will focus on the 'meat and potatoes' of Hapkido and less on the esoteric and conventional curriculum. GM Suggs will also share with us some of his substantial experience in Kukkiwon Poomse.

Although this seminar with Grandmaster Suggs is practical for all, previous experience will be a benefit. I look forward to welcoming you here at our studio.

GM Witt, President,
Pacific Coast Taekwondo Martial Arts Schools
"Celebrating 20 Years of Service in 2008"



POOMSE!

GrandMaster Suggs will define our Poomse and enlighten us to the hidden meanings in the movements. This portion of the day will really be a benefit to the advanced Colour and Black belt.

Event Date	October 25, 2008	Doors / registration Poomse Seminar AM Lunch Hapkido Seminar PM	08:30 09 - 12 12 - 01 01 - 03
Location	Pacific Coast Taekwondo Martial Arts Schools, 5786 203 St. Langley, BC Canada		
Open to	Invitation Only ~ All members of any GM Suggs Associate school.		
Fees	\$20, fam ½ price		
Equipment	Uniform, any practise weapons (sticks, cane, etc.) bare feet or TKD shoes. Lunch		
Restrictions	No video cameras Guests must be member of recognized school. No refunds under any circumstances. All participants including spectators are expected to pay entrance fee. (Excluding parents providing transport)		

Certificate of participation will be issued on request.