

LEWIS INSTITUTE TAE PARK MID-SOUTH TKD ASSOCIATION

15TH ANNUAL NATIONAL SEMINAR, COLOR-BELT & BLACK-BELT TESTING

MAIN FOCUS TAE PARK TAE KWON DO SEMINAR BY THE RIVER

APRIL 7TH & 8TH 2017

McCRAKEN COUNTY HIGH SCHOOL

PADUCAH, KENTUCKY

SPECIAL GUEST: GRAND MASTER TAE ZEE PARK

9TH DEGREE BLACK-BELT

12 TIME NATIONAL & WORLD CHAMPION

PRESIDENT & FOUNDER TAE PARK TAE KWON DO OF THE UNITED STATES OF AMERICA

ALSO IN ATTENDANCE GRAND MASTER RICHARD WARREN

8TH DEGREE BLACK-BELT

VICE-PRESIDENT OF TAE PARK TAE KWON DO & PRESIDENT OF WORLD CLASS TAE KWON DO

NATIONAL SEMINAR DIRECTOR & HOST

JUNIOR GRAND MASTER DENNIS LEWIS

PRESIDENT OF LEWIS INSTITUTE TAE PARK MID-SOUTH TKD ASSOCIATION

ASSISTANT SEMINAR DIRECTOR & HOST

MASTER TERRY WARMATH

PRESIDENT OF WARMATH INSTITUTE

MEMBER OF MID-SOUTH TKD ASSOCIATION

ALONG WITH OUR VERY DISTINGUISHED SPECIAL GUEST GRAND MASTER TAE ZEE PARK AND GRAND MASTER RICHARD WARREN THERE WILL ALSO BE A HOST OF SEVERAL JUNIOR GRAND MASTERS, SENIOR MASTERS, AND MASTER INSTRUCTORS PRESENT AT THIS GREAT EVENT.

Note: The cost of the seminar package is \$70.00 per student which includes 5 authorized and approved Tae Park Tae Kwon Do boards and a Certificate Of Participation included with the cost. The boards can be picked up at the seminar.

Special Note: We are going to once again use a modified system this year. Basic classes will consist of White Belt thru Green Belts and advanced classes will consist of Blue, Red, And Black-Belts. This works best for us and it just makes everything simple for the students and the instructors. There will be some Seminar Specialty Singular Classes and some Rotating Classes that will be occurring at the same time. I am asking everyone to be FLEXIBLE.

Note: All profits from Lewis Institute Seminar, Junior Grand Master Lewis And Grand Master Park will donate to WCTKD our non-profit organization.

Schedule Of Events:

Friday April 7th 2017

8:00 a. m.-----8:30 p. m. (12 hrs. 30 mins.)

8:00 a .m.---8:45 a. m.---- At the door registration, board pick-up, and distribution. The boards can be picked up from Master Betty Henderson at The McCracken County High School in Paducah, Kentucky.

9:00 a. m.-----10:30 a. m.-----Grand Master Tae Zee Park teaching to all Master Instructors in a Special Area.(1 hr. 30 mins.)

9:00 a. m.-----Unlimited Time----Grand Master Richard Warren will start intense interview with Possible New & Upcoming Master Instructor Candidates:-----Note: This is tentative depending on if Sa Bum Nim allows New Master Instructors Testing either in Kentucky, Tennessee, Alabama, Michigan or anywhere else in the country.

9:00 a. m.----10 a. m.-----Junior Grand Master Lynn Bernard will lead Exercise, Basic Pattern and Basic Kicking(Whole Group 1 hr.)

10:00 a. m.---10:30 a. m.----Junior Grand Master James Rodgers teaching Slippery Side-Kick(Whole Group 30 mins.)

10:30-----12:00 noon-----Grand Master Tae Zee Park teaching to all students Target Kicking in the gym using targets. Note Grand Master Park will also teach to Black-Belts ages 14-----30 years old Tournament Free Fighting Techniques(1 hr. 30 mins total)

10:30---12:00 noon-----Master Aaron Lindstrom discussing to all Master Instructors Tae Kwon Do and The Law in The Special Area(30 mins.)

11:00 a. m.---11:30 a. m.-----Senior Master Robert Klingbeil, Master Patricia Ramos, Master Matthew Klingbeil along with Junior Grand Master James Rodgers, Master James Heglund, Master Lemon Williams, and Master Rachel Harshbarger will be discussing to all Master Instructors our upcoming 2017 National Congress Of State Games hosted by Tae Park Tae Kwon Do. This class will take place in the Special Area. This is very important to WCTKD & Tae Park TKD.(30 mins.)

11:30 a. m.---12:30 p. m.-----Lunch

12:30 p. m.----5:00 p. m.-----Masters, Senior Masters, Junior Grand Masters and Instructors Teaching.

Note: On Friday April 7th each rotating group will have various time periods. Parents are welcomed and can be included in each group session. We will have about 2-3 minutes to change classes and please try to stay on schedule but please be understanding if a student has to go to the bathroom or is sick etc., etc. Please do not punish the student with push-ups or rude comments.

Note: If a particular Instructor is teaching please do not interrupt the Instructor. Please let the Instructor teach his or hers respective class.

Note: Please do not go up to anyone else's student criticizing or telling them to do this or that especially when it comes to technique, forms, etc., etc. If there are concerns about someone else's student or students please talk to their INSTRUCTOR AND NOT THE STUDENT.

Note. This will only be the 2nd time that I have been at this facility and I am asking everyone to please be FLEXIBLE.

1. Junior Grand Master Lynn Bernard---Advanced TKD Waist Power Used For Striking, Punching, etc., etc(30 mins..)
2. Master John Sanderson & Mr. Daniel Arguera-----Basic TKD Focus Used When Doing Forms(30 mins.)
3. Senior Master Brian Anderson-----Advanced TKD Defense Against A Gun & Knife(1 hr.)
4. Junior Grand Master James Rodgers---Advanced Actual 2 on 1 Fighting Techniques & Standing Roundhouse Kicking Technique(1 hr.)
5. Master James Heglund-----Advanced TKD Vital Points(30 mins.)
6. Senior Master Constance Ensing-----Basic TKD History (30 mins.)
7. Senior Master William Golombisky And Mr. Connie Elam-----Basic Elbow Break(30 mins.)
8. Master Terry King And Mr. Marcus King-----Basic Roundhouse Kick Using Targets To The Stomach(30 mins.)
9. Senior Master Michael Huff And Senior Master Susan Lofquist-----Basic TKD Techniques In Street Clothes(30 mins.)
10. Master Terry Warmath And Master Bruce Park Jr.-----Basic One-Step Sparring And Quickly Changing To Exercise Free Sparring(30 mins.)

Note: At approximately 3:30 p.m. Master Rachel Harshbarger will teach ALL FEMALES AGES 12 yrs.----20 yrs old about self-esteem, self respect, especially in school or at college. Note: This is a Singular Class and WILL NOT ROTATE(45 MINS.)

Note: At approximately 3:30 p. m. Master Lemon Williams will teach ALL MALES AGES 12 yrs.---20 yrs. old about handling confrontations, bullying cyber bullying at school, college etc., etc. Note: This is a Singular Class and WILL NOT ROTATE(45 MINS.)

Note: While the 12-20 year old students are with Master Harshbarger and Master Williams, then we can have everyone do punching and striking drills using the life size striking equipment. (45 mins.)

4:15 p. m.----4:30 p. m. Exercise & Cool Down-----Junior Grand Master Lynn Bernard(15 mins.)

4:30 p. m.----5:00 p. m.---Certificates(30 mins.)

6:00 p. m.---7:00 p. m.-----Tae Park Tae Kwon Do National Organization Black-Belt Testing-----1st, 2nd, 3rd Dan Testing(1 hr.)

7:00 p. m.----8:00 p. m.---Possible Master Instructors Testing(1 hr.)

Note: If Sa Bum Nim approves Master Instructors Testing then it will take place immediately after 1st, 2nd, and 3rd Dan testing. This will be A CLOSED TESTING, and Sa Bum Nim and Grand Master Warren will select and approve the judges.

8:30 p. m.----Midnight-----Master's Conference. This will consist of various topics and discussions with Sa Bum Nim. The conference will be conducted by Grand Master Warren. The Master's Conference will take place at The Drury Inn in the conference room. Refreshments will be served.

Note: This is for Master Instructors Only.

Saturday April 8th 2017 Schedule Of Events:

8:00 a. m.-----7:30 p. m.----- (11 hrs 30 mins)

8:00 a. m.-----Unlimited Time-----Grand Master Richard Warren will continue intense interview with Possible New Master Instructors Candidates.

8:00 a. m.-----8:30 a. m.-----Junior Grand Master Lynn Bernard will lead exercises(Whole Group 30 mins.)

8:30 a. m.-----10:00-----Grand Master Tae Zee Park Teaching To All Students(1 hr. 30 mins) Note: Target s Practice

10:00 a. m.-----10:30 a. m.-----Master Lemon Williams-----Jumping Front Kick(Whole Group 30 mins.)

10:30 a. m.-----11:00 a. m.-----Master Lemon Williams & Master Huong Tran-----Free Fighting Techniques & Back Side Kick(Whole Group 30 mins.)

11:00 a. m.-----12:00 noon-----Junior Grand Master Lynn Bernard-----Basic Roundhouse & High Roundhouse Kick-----White thru Green Belt(1 hr.)

11:00 a. m.---12:00 noon----Junior Grand Master Mark Good will teach---Advanced 2 on 1 Fighting Using Targets, Shields, And Combinations. Masters Tran & Ross will assist Junior Grand Master Good(1 hr.)

12:00 p. m.----1:00 p. m.----Lunch

1:00 p. m.----3:00 p. m.--Masters, Senior Masters, Junior Grand Masters, And Instructors Teaching.

1.Mr. Gregory Gartland---TKD Strength & Balance Exercises Using Stretchy Bands.

Note: This class is for 1st & 2nd Dans and is a Specialty Class And Will Not Rotate.(1 hr.)

Note: After the 1st and 2nd Dans finishes with Mir. Gartland class then we can filter them into other Advanced Classes. No Problem.

2.Master Patricia Ramos-----Basic TKD Partner And Wall Stretching(30 mins.)

3.Senior Master William Golombisky & Master Jessica Illiff-----Basic Parent's Awareness And Children's Self-Defense(30 mins.)

4.Master Randy Wrona & Master Larry Arthur-----Advanced TKD Self-Defense And Belt Defense(45 mins.)

5.Senior Master Brian Anderson-----Advanced 2 & 3 Step Sparring(45 mins.)

6.Master Huong Tran & Mr. Connie Elam-----Basic TKD Self-Defense Against A Larger Opponent(30 mins.)

7.From 2:30 p. m.-----3:15 p. m.----Grand Master Tae Zee Park will Teach Some 14-----30 Year Old Black-Belt---Tournament Sparring Techniques(45 mins.)

8.From 2:30 p. m.----3:15 p.m.-----Dr. Rudy Triana And Dr. Bradley Multcher will discuss ways to Treat Minor TKD Injuries, Bruises, Cuts, And Also What To Look For Doing Concussions(45 mins.)) Note: The remaining Of The Whole Group

3:15 p. m.---3:30 p. m.-----Exercise & Cool Down-----Junior Grand Master Lynn Bernard(15 mins.)

4:30 p. m.-----6:30 p. m.-----Tae Park National Color-Belt Testing Begins(2 hrs.)

6:30 p. m.----7:00 p. m.----Gifts And Acknowledgements(30 mins.)

7:30 p. m.----Midnight-----Dinner & Party

Note: The Party will be held at The McCracken County High School Cafeteria.

Note: WE ARE ASKING THAT EVERYONE GIVE A \$5 DONATION TO OFFSET SOME OF THE EXPENSE FOR THE FOOD.

Note: Absolutely No Alcohol & Tobacco Products Please---Cigarettes, Chewing Tobacco, etc., etc.

The Seminar Package is \$70 PER STUDENT.

Note: The Seminar Package will include 5 approved Tae Park TKD Boards And A Certificate Of Participation at This Great Event. The boards can be purchased from Tae Park Products and can be picked up from Master Betty Henderson on April 7th 2017 from 8:00 a. m.----8:45 a. m. at The McCracken County High School. Tae Park Products will donate \$1 from every board sale to WCTKD, Inc. our non-profit organization in order to help individuals and students for Possible Travel & Academic Scholarship Support. Also as a added bonus all proceeds from The Lewis Institute Tae Park Seminar will be donated to WCTKD By Junior Grand Master Dennis Lewis And Grand Master Tae Zee Park.

Please make checks payable to Tae Park Tae Kwon Do.

Please mail all checks and seminar applications by March 18th 2017 to:
Master Betty Henderson
1645 Spruce
South Fulton, Tn. 38257
Phone---731-697-6071

Note: Seminar Applications will be accepted AT THE DOOR AT THE McCRAKEN COUNTY HIGH SCHOOL AT THE DAY OF THE EVENT, SO PLEASE EVERYONE COME AND ENJOY.

Also please if there are any questions please call Junior Grand Master Lewis ANYTIME at:
Home Phone---731-885-6749
Cell Phone-----731-796-0498

Note: Seminar Applications And Medical Release Forms can be found on my website:
www.midsouthtkd.com

This schedule is TENTATIVE based on Sa Bum Nim's approval. Once approved please do not alter or change anything.

Thank you so very much,
Junior Grand Master Dennis Lewis
National Seminar Director & Host
Lewis Institute Tae Park Mid-South TKD Association

Master Terry Warmath
Assistant Seminar Director & Host