

# International

**A.C.E.**  
**TAEKWON-DO**



태권도



# Instructor

- Warm-Up,
- Health & Safety.
- Aspects of Fitness
- Fundamental Movements
- Class Conducting - Terminology
- Stretching
- All aspects of ITF Pattern Applications
- Self Defence (Knives, Holds, Releases)
- Power Testing
- Grading Examinations & Marking
- Lesson Planning
- Planning Public Displays
- Grading Exam Paperwork & Area Co-ordinator
- All types of Sparring
- Theory of Power

**TWO Day International Instructor Course**

**Conducted by:**

**Grand Master O'Neill IX Dan**



**Saturday 7th & Sunday 8th May 2022**

**Phoenix Hall, High St, Netheravon, Salisbury SP4 9PJ**

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