

2012 OTTAWA ITF TRAINING CAMP I

ITF Training Patterns Training & Championship Sparring Drills
Instructed by Master Kou (7th Degree) and Mr. Steven LeGrow (6th Degree)



Master Iat Chio Kou- Black Belt 7th Degree
Ontario Taekwon-Do Network's Senior Advisor
Gold Medal – 1985 Intercontinental Cup
4x – Canadian National Champion

Date:
Sunday, February 12, 2012

Time:
1:00 to 4:00 PM

Location:
Ashbury College

362 Mariposa Ave.
Ottawa, Ontario, K1M 0T3

Cost:
\$25 per participant

*This training is for Yellow Belt & Up
Ages 8 & Up*



Mr. Steven LeGrow- Black Belt 6th Degree
Ontario Taekwon-Do Network's Technical Director
4x Bronze Medal Winner – ITF World Championships
1996 – Pan-American Champion

Sanctioned by:



Our OTN instructors:



PLEASE ARRANGE REGISTRATION & PAYMENT WITH YOUR INSTRUCTOR BEFORE SAT., FEB. 4, 2012