

Hwa Rang Do[®] World Tour - Minneapolis, MN

With Grandmaster TaeJoon Lee

Saturday & Sunday March 2nd & 3rd - 2013

Schedule of Seminar Events:

Session	Times	Saturday March 2 nd Training Topics:
I	10am–11am	KIDS SESSION: Important session for all ages of kids to learn the deeper aspects of walking the path of a Hwarang! As the kids learn more about self-control, responsibility, and strength they will be able to always stand up for themselves and take care of business. Being empowered and confident is natural byproduct of great martial art training, and Grandmaster Lee is sure to fire up the kids!
II	11:15am–12:45pm	Yongtoogi – NEW HRD Sparring – Takedowns to Quick Submissions: We know you are ready for the most dynamic type of kick/punch/throw/submission fighting available. Yes that's right, all areas of hand to hand combat are combined into one venue so we all can become the most complete martial artists possible. This area of HRD is truly unique to the world of the martial arts, and we look forward to seeing you join the incredible action! TSD students and Beginners will focus on entries to takedowns & HRD students will add the Quick Submission!
	12:45pm–1:45pm	---Lunch Break---
III	1:45pm–3:15pm	Gotoogi – Grappling Chokes: Properly done chokes are some of the most effective types of submissions that can be found. If you can stop your opponent's breath or the blood flow to the brain, you are sure to stand victorious. This topic is also an essential Self-Defense component as well, and everyone should learn both the offensive and defensive aspects of choking. Make sure to bring a friend to this session, it will sure be one to remember!
IV	3:30pm–5:00pm	Gotoogi – Grappling Submission Counters: Now that you have learned a number of submissions throughout the day, obviously it is crucial to learn how to escape if someone is attempting to submit you. Once you protect yourself and learn how to counter, you will be ready to take the next important step of turning the tables on your opponent as you move into a submission counter of your own!

Session	Times	Sunday March 3 rd Training Topics:
V	10:30am–Noon	Gumtoogi – Janggum (Long Sword) Fundamentals: Learn the essential aspects of real sword fighting from the details of footwork & distance, to the basic ways of striking your opponent. If you have never dueled with swords before, don't miss out on this session!
	Noon–1:00pm	---Lunch Break---
VI	1:00pm–2:30pm	Gumtoogi – Janggum (Long Sword) Hwejun (Spinning) Attacks: Hwa Rang Do is the most balanced & complete martial art system in the world. The combination of both linear & circular movement as well as hard & soft styles is unmatched! Especially in the weapon fighting arena, there is no other style like HRD that adds the rotational movement in actual combat practice. Grandmaster Lee also innovated weapon fighting with patented leg protectors for low section striking, something else you won't find anywhere else in the world!
VII	2:45pm–4:15pm	Gumtoogi – Ssanggum (Double Swords): You have two hands, so learn how to use a sword in each! This type of skill will dramatically increase your overall martial art arsenal. While difficult at first, your weapon fighting will evolve to a totally new level once you learn the details covered in this session.

*****There will be a group dinner Saturday night 7:00pm for all students, family, and friends!**

Special Notes About The Seminars – Make Sure To Pre-Register by 2/28/13 to save \$10!

- These seminars with Grandmaster Lee will be open to the general public at large. Individuals from other arts, as well as friends and family are welcome to participate. **HUGE DISCOUNTS** if you bring some friends! (*see next page for details*)
- All participants **MUST** have correct weapons for the Sunday Weapon Fighting Sessions. Also, if you have weapon fighting uniform and armor you should wear it.
- It is **STRONGLY RECOMMENDED** that all participants have a WHRDA Gotoogi (grappling/heavy weight) uniform for the Saturday Grappling sessions. Students from other martial arts should wear heavyweight uniform.
- All martial art students **MUST** have Full Set of Sparring Armor for Saturday Session II. Friends do not need unless you want to purchase before hand.
- Friends & Family can also wear any kind of workout pants & T-shirt for all training sessions. **NO SHORTS PLEASE!**
- The location of the seminar will be the Hwa Rang Do[®] Minneapolis Academy.

Learn More Online @ www.HwaRangDoMN.com Special Friends & Family Discounts!

We all recognize that the martial art experience of training in Hwa Rang Do® is special, and many of our friends & family have some curiosity, they haven't taken the plunge as of yet. These seminars are a perfect place to see what HRD is all about, as you and your currently "non-HRD" friend can learn from one of the premier martial artists in the world with Grandmaster Taejoon Lee, an 8th Degree Black Sash, and leader of Hwa Rang Do's next generation! We will be practicing ALL aspects of this Complete Martial Art – so come learn from the source!

For each & every session your friends/family participate in, YOU receive 10% off YOUR total!

For example 1 friend does 3 sessions you get 30% OFF

If you have 2 friends do 2 sessions and 1 friend do 3 sessions you get 70% OFF

If you have friends or family that total 10 sessions or more, your weekend is FREE!

ALL FRIENDS & FAMILY RECEIVE WHRDA Member price discount for this event!

*****Deal is for all friends & family that are NOT currently training in HRD or TSD.*****

Pricing Information: (Prices listed are the pre-registration fees 'by 2/28/13 if you register later than this, \$10 will be added to your total)

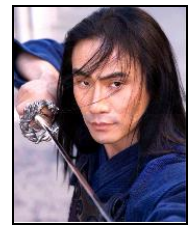
Day/Session	WHRDA Members Advanced Pricing	Non-WHRDA Members Advanced Pricing
Both Days	\$210	\$250
One Day	\$115	\$140
Individual Session(s)	\$45	\$55
KIDS Session	\$25	\$35

The "KIDS" session will cover general martial art training details along with philosophical aspects of HRD that are appropriate for all ages and ranks of Little Tigers & Juniors. Juniors over 9 years old are welcome and encouraged to participate in some or all other sessions too – not just the "KIDS" session. Little Tigers and Younger Juniors are also welcome to Long Sword Session II if you have Sword Fighting equipment.

Seminar Equipment & Media – Make sure to order by Tuesday February 19th to have by the seminars!



Janggum (Jukdo: Bamboo Sword)	\$30.00
Foam Sword (For Kids)	\$40.00
Face Shield (For Kids Sword Fighting)	\$70.00
Ssang Gum (Double Swords)	\$40.00
Whole Set of Sparring Gear	\$175.00
Gotoogi (Grappling) Uniform	\$150.00
Book: Defend, Takedown, Submit	\$20.00 (<i>this is the most recent book written by Grandmaster Taejoon Lee – A MUST HAVE!</i>)
If you want to have any of the above items in time for the seminars you MUST place your order by Tuesday February 19 th , otherwise they will be given to you at the dojang upon their arrival.	



Please complete this form neatly and accurately. Be sure to include your registration fee, and mail or bring in to the
Hwa Rang Do Minneapolis Academy – 5417 Nicollet Ave S., Minneapolis, MN 55419

*****Students from other HRD Dojangs can register with your primary instructor.*****

Registration Information For Seminars:

Student WHRDA #: _____

Last Name _____ First Name _____ Phone _____ Age _____

Address _____ City _____ State _____ Zip Code _____

School Name _____ Style _____ Your Rank _____

Name of Master/Instructor _____ E-mail: _____

Sessions Attending: (please mark the sessions you will attend and equipment you want - also fill in the total fee amount)

Saturday	Sunday	Equipment Item(s)	Price	Total Fees
Session I <input type="checkbox"/>	Session V <input type="checkbox"/>			Total Seminar Fee \$ _____
Session II <input type="checkbox"/>	Session VI <input type="checkbox"/>			Total Equipment Fee: \$ _____
Session III <input type="checkbox"/>	Session VII <input type="checkbox"/>			Total Amount Enclosed: \$ _____
Session IV <input type="checkbox"/>	Your HRD Friend's Name: _____		Office Use: RB PF D	

Liability Waiver (Signature Required)

The undersigned hereby releases the World Hwa Rang Do® Association, the Hwa Rang Do® Minneapolis Academy, Grandmaster Taejoon Lee, and anyone connected in any way with the Hwa Rang Do® World Tour Seminars, from any liability associated with this seminar including any injuries which could be sustained by participation in such. I fully understand that if any medical treatments are given to me, such treatment will be of a first aid type and only if I fully waive any and all claims for injuries and damages which may result from such treatment, whether given with or without my express consent; I also waive any compensation in regard to any pictures and video furnished by me or taken of me in connection with these seminars which might be used for publicity, promotion, or television productions.

Signature of Participant: _____ Date: ____/____/____

Parent or Guardian (if under 18): _____ Date: ____/____/____