

Smart Fitness. Serious Self-Defense.



COLUMBIA TAE KWON DO PROUDLY PRESENTS:

Combat Hapkido Seminar



F E A T U R I N G :

GrandMaster John Pellegrini
Founder

International Combat Hapkido Federation
9th Degree Black Belt - Tae Kwon Do & Hapkido

Learn the fundamentals and mechanics of self-defense against variety of attacks and scenarios. The seminar will cover everything from easy to learn self-defense techniques you can use right away to advanced techniques for the experienced student.

Saturday, March 15, 2008, 10:00am to 4:00pm

\$95 (until March 10, 2008) \$110 (after March 10, 2008)

FREE for any instructors with 5 or more students attending.

FREE for State Directors of ICHF

Columbia Tae Kwon Do

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For directions and additional information visit:

www.ColumbiaTKD.com/seminar