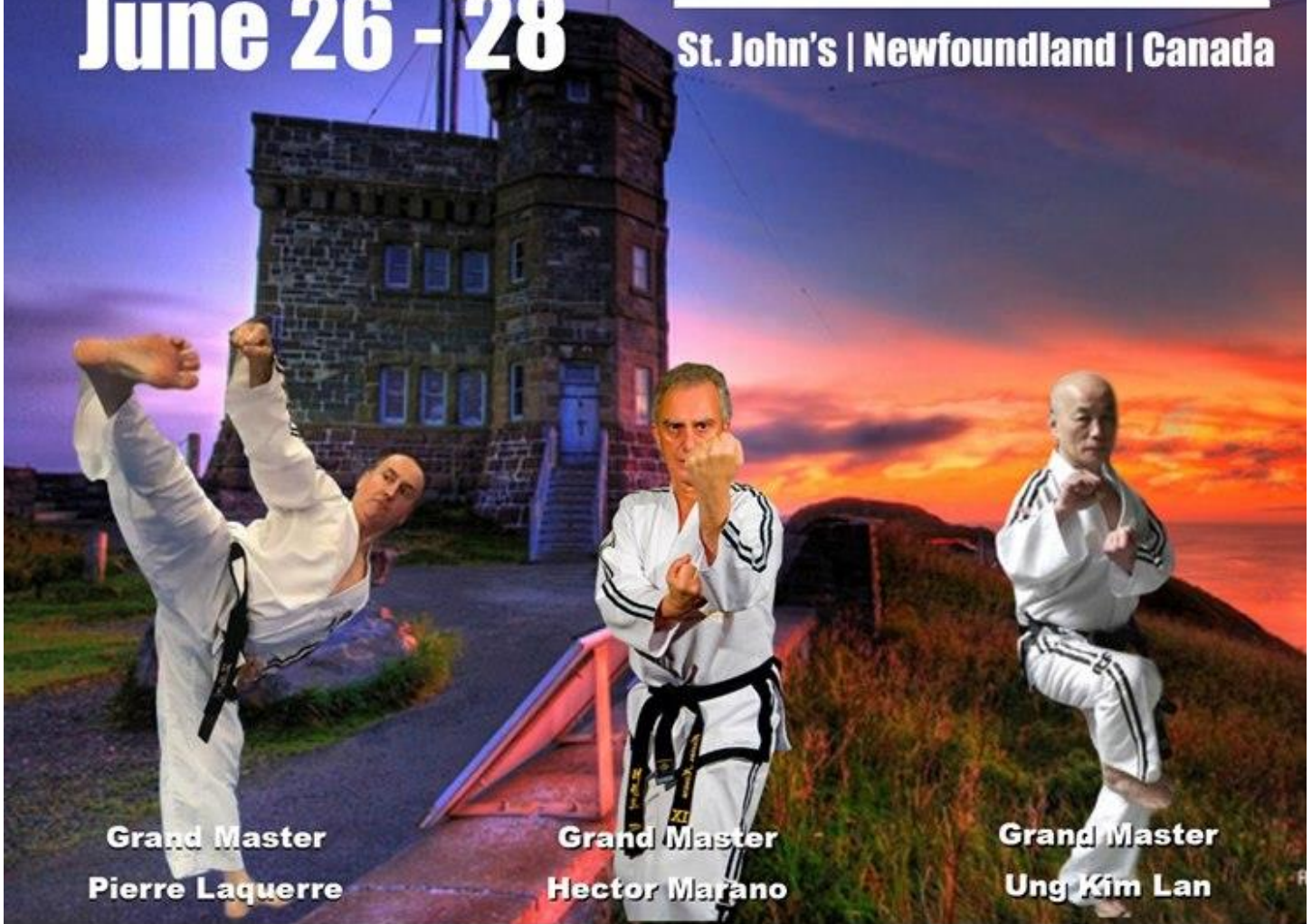




# INTERNATIONAL INSTRUCTOR COURSE 2020

## June 26 - 28

St. John's | Newfoundland | Canada



**Grand Master  
Pierre Laquerre**

**Grand Master  
Hector Marano**

**Grand Master  
Ung Kim Lan**

**Location: Memorial University of Newfoundland (GYM)**

**Organizers: Master Scott Downey VIII and Master Cathy Downey VII**

[www.kick.nf.net](http://www.kick.nf.net)

[scott.downey@nl.rogers.com](mailto:scott.downey@nl.rogers.com)

[www.facebook.com/kick.nf.net](http://www.facebook.com/kick.nf.net)



**Special Guest:**  
**Master Clint Norman**  
**President CTFI**  
**ITF Senior VP**





**June 26, 27, 28 2020: International Instructors Course (IIC)  
St. John's, Newfoundland and Labrador, Canada**



**“Where the mountains meet the sea”**

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Dear Grandmasters, Masters, Instructors, and students:

My wife, Master Cathy Downey, and I, are excited to announce that in addition to celebrating the **30<sup>th</sup> Anniversary** of Downey's Taekwon-Do in **June 2020**, we will also be hosting an **International Instructors Course (IIC), June 26, 27, 28, 2020**, in **St. John's, Newfoundland and Labrador, CANADA**, the oldest city in North America and the most easterly province in CANADA.

The course will be taught by the IIC technical committee: Grandmaster Marano (Argentina), Grandmaster Lan (Germany) and Grandmaster Laquerre (Canada). These three amazing Grandmasters continue to carry on the legacy of General Choi Hong Hi (legendary founder of Taekwon-Do) and continue to motivate and inspire us with their knowledge, passion and character. We also have the pleasure of welcoming as a very special guest, Master Clint Norman (President of the CTFI and newly elected Senior Vice-President of the ITF).

We welcome our ITF brothers and sisters from around the world to our little piece of heaven, an Island in the Atlantic Ocean, where the mountains meet the sea. You may be lucky enough to see breaching whales and 10,000 year old ice bergs (glacial giants) floating past our shores. Our night life is spectacular with a vibrant music scene and our famous “George Street” with its 30 plus bars on one small street. A large percentage of our population are of Irish decent and it is evident in our music, culture, and traditions.

While on your stay make sure to visit our iconic landmarks such as **Quidi Vidi Village, Signal Hill and Cape Spear** (the most easterly part of Canada). For information on “things to do” and “trip ideas” please visit [www.newfoundlandlabrador.com](http://www.newfoundlandlabrador.com) we will also be offering a **FREE** tour (courtesy of our students and parents) of the above stated iconic landmarks on **Sunday, June 28<sup>th</sup> at 3pm**. Participants should arrive at the “Signal Hill Visitor Center” at **3:00pm** (sharp!) **Master Cathy Downey** will give a brief overview of the hike and then guide the participants around the iconic trail, which will take approximately 1 hour (stopping for picture taking). Wear your **Dobok!** After the hike you will have a member of Downey's Taekwon-Do (parent and/or student) drive you to **Cape Spear (30 minute drive)**, the most easterly part of Canada, with one of the most amazing views in the world. You will then be driven back to your hotel or MUN Residence.

We will also have a **banquet on Saturday evening starting at 7:30pm**, which will be held at the **MUN campus (Paton College, R. Gushue Hall)**. The banquet is in honor of the IIC Technical Committee and guests, and to also celebrate the **30<sup>th</sup> Anniversary of Downey's Taekwon-Do (1990-2020)**. The banquet will include a traditional Newfoundland “**Screech In**” for “Come from Away's” (people not from Newfoundland). This will be a fun and entertaining experience for all.

This will be an International Instructors Course that you will not want to miss. We are looking forward to meeting old friends and establishing new ones. However, I must warn you that once you visit, you may not want to leave. For those who have seen, or know about the documentary and Broadway musical, “**Come from Away**” you will have an understanding of what I am talking about. It is one thing to learn about another culture from a book, video or play, it is something else to actually “experience” it. The opportunity awaits you.

The deadline to receive the application form and payment is **May 1, 2020**. A maximum of **200 participants** will be accepted. Considering that we had interest from 9 countries (Canada, USA, Jamaica, England, Ireland, Scotland, Wales, Norway, and Germany), after the first day I posted the IIC on facebook, we are expecting a lot of interest for this IIC. Don’t be disappointed, book your flight, reserve your accommodation, and mail your application today!

Visit **IIC 2020** facebook page for updates.

Sincerely,

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Master Scott Downey, VIII Dan and Master Cathy Downey, VII Dan  
Cell# 709-690-4754  
e-mail: [scott.downey@nl.rogers.com](mailto:scott.downey@nl.rogers.com)

## **Travel and Accommodations:**

The location of the venue, (MUN) Memorial University of Newfoundland and Labrador (GYM) and hotels is just 10 minutes from **St. John's International Airport**. If you are coming from Europe there is a direct flight from Dublin and from London. Participants are responsible for their own transportation to and from the airport and to and from the venue.

## **Hotel Information:**

Participants are responsible for their own accommodations. Below is a list of some of the accommodations in the area and their contact information.

**Memorial University of Newfoundland and Labrador (MUN) Residence:** 2 minute walk to venue (MUN GYM).

To book accommodations at MUN go to [www.mun.ca/stay](http://www.mun.ca/stay) There you will be able to book a room at Paton College for **\$69.00 per night** (1 double bed or 2 twin beds), which was renovated in 2015, or McPherson College **\$109.00 per night** (2 bedroom suite).

While staying at MUN residence you can eat in their main dining hall and/or the MUN Skywalk Food Court (Booster Juice, Dairy Queen, Extreme Pita, Just Fries, Mustang Sally's, Treats, and Magic Wok). Visit their website for further information and hours of operation:

[www.mun.ca/ancillary/foodservices/ucfoodcourthours.php](http://www.mun.ca/ancillary/foodservices/ucfoodcourthours.php)

The Avalon Mall (food court, clothing stores and theatre) is approximately 15-20 minute walk from the residence. The Downtown area and the famous "George Street" (30 plus bars) is about a 10 minute drive.

**Super 8 Hotel:** 10 minute Drive to venue. 175 Higgins Line (709) 739-8888. [www.super8stjohns.com](http://www.super8stjohns.com)

**Holiday Inn, St. John's:** 10 minute Drive to venue. 180 Portugal Cove Road (709) 722-0506. [www.ihg.com](http://www.ihg.com)

**Delta Hotel St. John's:** 10 minute Drive to venue and located in downtown St. John's. 120 New Gower Street (709) 739-6404. [www.deltahotels.com](http://www.deltahotels.com)

**Hampton Inn and Suites 411 Stavanger Drive (Free buffet breakfast and Free Wi-Fi) \$119.00 per night.** 709-738-4888. This is a special rate for IIC participants. Mention "Downey's Taekwon-Do"



## Schedule of Events:

### Friday, June 26:

12:00 noon – 1:30pm: Registration at the entrance to MUN Gym.

2:00pm – 6:00pm. IIC Part I

### Saturday June 27:

9:00am – 1:00pm IIC Part II

1:00pm – 2:00pm LUNCH (on your own)

2:00pm – 6:00pm. IIC Part III

7:30pm (Banquet at R. Gushue Hall at Paton College, MUN Campus)

### Sunday, June 28:

8:30am – 9:30am Black Belt test (must have permission from National Association and the ITF to test).

9:30am – 12:00pm IIC Part IV

12:00pm – 1:00pm Closing of the IIC and group photo

3:00pm (meet at "Signal Hill Visitor Center" for **FREE** tour of Signal Hill and Cape Spear). After a hike around Signal Hill (dressed in Dobok) Downey's Taekwon-Do students/parents will take you on a tour of Cape Spear and then drop you back to your hotel.

**Payment for the IIC:** Please complete the attached **application form** and send the application form and **US Money Order** made payable to "**Scott Downey**" to **25 Baker Street, St. John's, NL, CANADA, A1A 5C3** on or **before May 1 2020**. Note: **maximum of 200** participants will be accepted, so apply ASAP.

**Payment for the IIC, Organizational fee, and banquet is included in the fee: Remember only US funds will be accepted.**

1<sup>st</sup> Dan to 3<sup>rd</sup> Dan: \$280.00 US

4<sup>th</sup> Dan to 6<sup>th</sup> Dan: \$330.00 US

7<sup>th</sup> Dan to 8<sup>th</sup> Dan: \$230.00 US

9<sup>th</sup> Dan: \$130.00 US

### Course Content:

- Tuls from Chon-Ji to Tong-II
- Sparring
- Step-Sparring
- Self-Defense
- The "Do" (tentative)

### Test for Degree Promotion: the candidate must:

- The NA or AA must send your application form, letter of approval from the NA or AA, resume and thesis using the ITF on-line system.
- Bring 5 wood boards 30X30X2
- Pay the exam fee in cash one hour prior to the exam
- Exam will be conducted on **Sunday, June 28<sup>th</sup> at 8:30-9:30 am** and the results will be communicated to the candidates at the beginning of the IIC at 9:30am.
- No spectators will be allowed during the testing. Candidates can be accompanied by their instructor.

**Hike around Signal Hill: Sunday, June 28<sup>th</sup> at 3:00pm:** Tour guide, Master Cathy Downey VII. You will get to see where the mountains meet the sea and possibly **whales and icebergs**. Weather permitting, wear your **dobok** (great for picture taking) appropriate footwear (sneakers). You should be in fair physical condition (no major issues with your joints) and not afraid of heights (at least not too afraid). There is one section of the hike where you will have to hold on to a wire rope connected to the rock facing. **Make sure to hold on.** Check out the videos of Master Cathy Downey on our III 2020 facebook page to see what I am talking about. Sounds daunting but young and old walk/run the trail every day in the spring, summer and fall. Walking the trail takes about **1 hour**. The view is breathtaking and your pictures will look amazing! We will also be taking a group photo on the top of signal hill with our **Doboks** on.

### **Protocol Rules during the IIC:**

- Participants must arrive at least 15 minutes prior to the start of the event to ensure that everyone is in the gym and lined up prior to the arrival of the Grandmasters and Masters.
- Participants must wear a clean, ironed official ITF Dobok
- At the end of each session the participants must wait for the Grandmasters and Masters to leave the gym first.
- When standing at ease place your hands behind your back.
- When sitting do not show the soles of your feet to the Grandmasters and Masters. Sit with your legs crossed. If this position places stress on your knees then find a way to sit that is comfortable for you without showing the soles of your feet.
- Participants can ask questions but must stand up in an attention stance and bow before asking the question and then bow before sitting back down.
- No spectators are allowed during the course
- Participants are not allowed to take pictures and videos during instruction.
- Participants who complete the course will be given a certificate (diploma) at the end of the course.



# International Instructors Course: Application Form



St. John's, Newfoundland and Labrador: June 26, 27, 28, 2020

Deadline to receive application and payment is May 1 2020

Application form and payment (**US Money Order**) made payable to "**Scott Downey**" must be received by **May 1 2020**. A maximum of **200 participants** will be accepted.

**PLEASE PRINT CLEARLY: NOTE: Participants must also register to the official ITF Database through their own National Association.**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ RANK: \_\_\_\_\_ AGE: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

E-mail (please print clearly) \_\_\_\_\_ Home

#: \_\_\_\_\_ Cell#: \_\_\_\_\_

Taekwon-Do School Name: \_\_\_\_\_ Instructor: \_\_\_\_\_

Please mail completed application form and payment: US Money Order made payable to "**Scott Downey**" and send to the address below on or before **May 1 2020**. Only US funds will be accepted. I agree that there will be no refunds (IIC or banquet) after May 1, 2020.

**Master Scott Downey**  
25 Baker Street  
St. John's, NL  
CANADA  
A1A 5C3

Payment for the banquet is included in the fee: I would like to be a part of the **FREE** traditional Newfoundland "**Screech In**" ceremony: YES (  ) NO (  ). Note: this is only for "**come from away's**" (participants not from Newfoundland). A certificate of participation will be given to you at the banquet declaring you an "**honorary**" Newfoundlander. If you want to have some fun and great memories say **YES!**

1<sup>st</sup> Dan to 3<sup>rd</sup> Dan: \$280.00 US

4<sup>th</sup> Dan to 6<sup>th</sup> Dan: \$330.00 US

7<sup>th</sup> Dan to 8<sup>th</sup> Dan: \$230.00 US

9<sup>th</sup> Dan: \$130.00 US

I would like a **FREE** tour of Signal Hill and Cape Spear? Yes (  ) No (  ) # of people in party \_\_\_\_\_

**WAIVER:** The participant realizes that there is risk of injury involved in Taekwon-Do. They assume the risk of accident, damage, loss or harm of any kind to the participant's person or property as a result of participating in the IIC. Taekwon-Do Grandmaster and Master instructors, organizers, fellow members or guests, shall not be in any way liable for any claims, liability, demands, suits, actions, or any other proceedings of any kind on account of accident, injury, damage, loss or harm of any kind sustained by the member/participant or to the member/participant's property.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent or legal guardian must sign if participant is under 18 years of age.

For office use only: Amount received: \_\_\_\_\_ Date received: \_\_\_\_\_