



PAN-MALAYSIA GLOBAL TAEKWON-DO FEDERATION (PGTF)

Sports Act 1997 Reg. No: 4709/2011

No: 403, Jalan C9, Taman Melawati, 53100, Kuala Lumpur, Malaysia

Email: secgen.pgtf@gmail.com

TO: ALL STATE INSTRUCTORS AND BLACK BELT MEMBERS

RE: PGTF INSTRUCTOR CERTIFICATION COURSE – DEC 15-16, 2012

We are pleased to inform you that PGTF will be organizing a PGTF Instructor Certification course, details of which are enclosed for your reference.

This will be the first step initiated by PGTF in certifying PGTF Instructors who will be equipped with the latest teaching techniques and instructions to be conducted by PGTF Masters and qualified Sports Science lecturers.

Please inspire and encourage your Black Belt students/members to sign up for the course. A copy of application form is enclosed.

Upgrading/ Promotion Test for 4th Degree and above

There will also be an Upgrading Test at the end of this course. Please ensure to obtain your recommendation from your State Instructors.

Information is also available at www.pgtf-taekwondo.com website.

For further information details please contact the undersigned.

Thank You.

Respectfully,

Lee Chee Hao

Organizing Chairman

Tel: 012-2699747

E-mail: cheehao99@yahoo.com

Course Charges, Venue & Accomodation

1) Individual Charges (Without Lodging) : RM 180

Remarks:

i) *The lunch meal will be provided during 2 days course*

**2) Individual Charges (With Lodging, Breakfast Included) : RM 250
(Additional RM 50 for overdue submission)**

Remarks:

ii) *Only 1 night stay at 15th Dec 2012 with 2 person sharing a room*

iii) **Additional charges** *will be apply for earlier check in at 14th Dec 2012 upon request*

iv) *The lunch meal will be provided during 2 days course*

Venue : Indoor Main Hall (Open Air With Roof)
Confucian Private Secondary School.
Lorong Hang Jebat,
50150, Kuala Lumpur.

Hotel : **The 5th Elements Hotel**
Lot 243, Jalan Sultan (Chinatown),
50000 Kuala Lumpur

Remark: 5 minutes walking distance to venue

Important Notes:

i) Participants Application Forms & Headcounts Reply – Before 26th Nov 2012

Remark:

Please scan copy and reply by email to Organizing Secretary (bryant_1985@hotmail.com) and copy to Organizing chairman (cheehao99@yahoo.com)

ii) Payments Submission Dateline – Before 3rd Dec 2012

Remark:

Please scan copy of cheque bank in slip and reply by email to Organizing Treasurer (persolai@yahoo.com) and copy to Organizing chairman (cheehao99@yahoo.com)

iii) Organizing Committee Key Person Contact

a) Organizing Chairman – Mr. Lee Chee Hao (H/P: 012-2699747)

b) Organizing Secretary - Mr. How Poh Hua (H/P: 012-6767699)

c) Organizing Treasurer – Mr. Lai Jian Wen (H/P: 012-2946471)

CHEQUES PAYABLE TO : PAN-MALAYSIA GLOBAL TAEKWON-DO FEDERATION

PGTF Bank Info: CIMB Bank, Ampang Point Branch, Kuala Lumpur

Current A/C No: 1253-0015936-05-0

1ST PGTF INSTRUCTORS CERTIFICATION COURSE

DAY 1 (15th Dec 2012)

8.00 am : Registration.

8.30 am : Call in Assembly of Participants

9.00 am : Opening Address by the President of PGTF.

9.15 am : Key Note address by the VVIP

9.30 am : Briefing on the Course Contents by the Sec-Gen, PGTF.

9.40 am : **Module (1) Dynamics of Body Conditioning & Flexibility Exercises. - PGTF MASTERS**

10.40 am: Break.

10.45 am: **Module (2) Basic Movements & Execution according to Test Syllabus – PGTF MASTERS**

11.45 am: Q+A.

12.00 pm: **Module (3) Standardization of Patterns for Colour Belts - – PGTF MASTERS**

1.00 pm: Lunch break.

2.00 pm: Module 3 continues

3.00 pm: **Module (4) Korean Terminology on blocks and kicks and punches.**

3.45 pm: Break.

4.00 pm: **Module (5) Understand sport injuries+basic remedy - Sports Science Lecturer**

5.00 pm: Review of today's topics.

6.00 pm: 1st day course dismiss

DAY 2 (16th Dec 2012)

8.30 am: **Module (6) Standardization of Black-belt Patterns – PGTF MASTERS**

10.00 am: Break.

10.15 am: **Module (7) Step Sparring, pre-arranged sparring, self-defence techniques**

11.15 pm: **Module (8) Taekwon-Do as a spiritual practice, meditation techniques, understanding and practising the 'DO' in the tenets of TKD.**

12.00 pm: Presentation of PGTF Instructors' Certificate – **VVIP / PGTF Presidents**

12.30 pm: Presentation of hamper to Master & closing speech by PGTF President

1.00 pm: 2nd day course dismiss / lunch break

2.00 pm: **Black Belt Upgrading Test for 4th Degree and above**

6.00 pm : Dismiss

Remark:

- i) *No video recording is allowed without permission by organizing committee.*
- ii) *Participants of Instructor Course are not allowed to stay back during black belt grading test unless special permission by Master.*