

# Forest City TKD invites all Martial Arts Practitioners Sparring Seminar featuring 2 time World Champion Master Dan Simard

**Date 24th October 2009 Registration: 1:00 pm Seminar : 1:30pm - 5:30pm**

Location: South London Community Centre ,1119 Jalna Blvd. (located behind White Oaks Mall)

Cost Pre Registration \$40.00

At Door \$50.00

Spectators \$20.00 (Limited space available for Spectators)

For Tickets please email [2009sparringseminar@forestcitytkd.com](mailto:2009sparringseminar@forestcitytkd.com)  
or call at (519) 659-3069

Master Simard began training in martial arts at the age of five.  
He has had a long and successful career with many accomplishments including:

World Champion" (Athens Greece 1987)  
World Champion" (Barcelona Spain 2003)  
8 times Canadian Champion  
2 times Pan-American Champion  
He retired Undefeated North-American  
Champion in five weight divisions

Master Simard will be teaching a  
comprehensive sparring seminar including:

- Preparing your training
- Proper warm-up techniques
- Conditioning
- Kicking and Punching Drills
- Combinations
- Attacking Techniques
- Counter-attacking Techniques
- Strategy
- Traditional and Olympic Styles of Sparring.
- And much more...



A portion of the proceeds  
are being donated to the  
Childrens Hospital

