



THE 3RD
International Taekwon-Do
INSTRUCTORS CONFERENCE



On behalf of International Taekwon-Do, it is my pleasure to welcome you to Rotorua and to the 3rd Instructors Conference.

We trust you will enjoy your stay at the Rydges Hotel and be inspired and motivated by the weekend's seminars.

Please do not hesitate to contact me or the hotel's Duty Manager with any requests. We hope you will have a memorable time at the Instructors Conference.



Best wishes,

Christine Young
V Dan, Organiser

PARTICIPANT INFORMATION

TRAINING

All training will be conducted in the Ascot Room unless advised by your session leader.

MEALS AND REFRESHMENTS

Breakfast is served from 7.00am in the Atrium restaurant. Lunch is served from 12.00 noon. Dinner will be served in the Ascot room at 7.30pm.

Morning and afternoon tea breaks have been scheduled for 30 minutes to allow you to have a break, go back to your room or order a coffee or tea from the Atrium café. Orders from the café can be charged to your room and settled at check-out time. If you require an evening meal on Friday please inform the Restaurant manager prior to 8.30pm. The kitchen closes at 9.00pm and we do not know the exact finish time of the senior dan grading.

The Mezz bar is open until late and starts evening service from 5.00pm. Bar snacks are available. The hotel also offers 24hrs room service.

PARTNERS INFORMATION

If you are not attending the conference but you are staying at the Rydges Hotel then your breakfasts on Saturday and Sunday are included as well as the Saturday evening dinner. Lunch will be at your own leisure so that you have the opportunity to explore some of the many attractions available in Rotorua. (The Polynesian Spa is highly recommended.)

CONFERENCE THERAPY / HEALING – FREE SERVICE

Hands on Health, who are Donna and Gordon Bodell, will be on-site for the duration of the conference to provide massage therapy and healing. Donna is a qualified personal trainer as well as a massage therapist and healer. Gordon is a healer and massage therapist. Both are experts in sorting out sports related injuries. They have an appointment board which you can use to schedule in a free treatment. Partners and spouses are also welcome to try out a free treatment. They will be available for the duration of the conference.

For those grading, they will be available for treatments between 5.00-6.00pm when you will have a break in your grading.

PHOTOS

During the conference two photos will be taken. The first one is of the attendees in do bok straight after lunch at 1.00pm in the Ascot Room. The second will include accompanying spouses at 7.15pm on Saturday in the hotel Mezz Bar / Atrium area. Please be prompt for the photos.

CONFERENCE SCHEDULE

DATE	TIME	EVENT
2nd December	1.00 pm	Senior dan grading private session All members can check in and register.
	6.00 pm	Senior dan grading open session
	9.00 pm	Welcome / Meet & Greet, Mezz Bar
3rd December	7.00 am	Breakfast
	8.30 am	Session / Workshop 1 <i>Outside the Square</i> Master Paul McPhail and Carolina Dillen
	10.00 am	Morning Tea
	10.30 am	Session / Workshop 2 <i>Kicking drills to improve your students' technique</i> Master Michael Daher
	11.30 am	ITF Convention Report <i>TKD Tigers, Do Seminars, ITF Kids</i> Mark Banicevich
	12.00 pm	Lunch
	1.00 pm	Group Photo Session / Workshop 3 <i>Power Posture</i> Special Guest – Mr Lee Paroroe
	3.00 pm	Afternoon Tea
	3.30 pm	Session / Workshop 4 <i>Student Centred Instructing</i> Mr Michael Lowe
	5.00 pm	Finish
	6.00 pm	Meet at Mezz bar
	7.15 pm	Second Group Photo
	7.30 pm	Buffet Dinner with partners <i>Dinner Speaker</i> Mr Mike Thompson (CEO)
4th December	7.00 am	Breakfast
	9.00 am	ITF Code of Conduct Master Evan Davidson
	9.30 am	<i>Senior Patterns</i> The Masters
	11.00 am	Expert Panel and general discussion Our Expert Panel Master Paul McPhail, Technical Advisor Master Evan Davidson, Advisory Panel, ITFNZ President Master Mahesh Bhana, Advisory Panel, Board Member Mr Kane Raukura, Standards & Discipline Advisor Mr Andrew Salton, Tournaments Advisor Mr Ian Walton, Coaching & Selections Advisor Mr Mike Thompson, CEO Mr Dennis Burns, Board Chairman
	12.00 pm	Finish



CONFERENCE INSTRUCTORS AND FACILITATORS

Master Michael Daher

Master Daher started Taekwon-Do in Australia, late 1972 under Master Young Ku Yun. By 1973 he was training five hours a day, seven days a week! He graded to 1st dan in 1975 and became a professional instructor in 1978.

In 1988 Master Daher formed his own organisation called Il Shim International Taekwon-Do Academy. His skill as an instructor was officially recognised with his prestigious induction into Blitz Magazine's "Martial Arts Hall of Fame" and award "1996 Australian Taekwon-Do Instructor of the Year". He has made numerous television appearances and features regularly in Australia's top martial arts magazines in the promotion of the Taekwon-Do technique.

Master Daher is currently an 8th dan and Board member for the International Taekwon-Do Federation. A close friend of International Taekwon-Do in New Zealand, he has kindly agreed to be on our senior dan examination panel and conduct a class on kicking drills.



Mr Mike Lowe

Mr Mike Lowe started Taekwon-Do in 1974 at Massey University as an undergraduate student. He has been instructing since 1978. He has been a key player in our organisation as an Executive Committee member and Technical Committee member. He was inducted into the NZ Martial Arts Hall of Fame in 2005.



Mr Lowe has been recognised for his leadership in teaching, and he currently facilitates courses for new and experienced instructors. Teaching and Taekwon-Do are his passions, and he continues to do both today at Tiger Taekwon-Do, and in his profession at Palmerston North Boys' High School.

In Mr Lowe's session you will learn how to better know how to organise training sessions so that most if not all your students learn the intended skill. Key to this is the use of safe and effective drill progressions that cater to the needs of all students. This part of the workshop will focus on a method for developing progressions in the context of our self-defence syllabus.

Master Paul McPhail

Master Paul McPhail began his training in 1975, a student of Mr Norman Ng in Palmerston North. He was promoted to 1st dan black belt at age sixteen, and later became assistant instructor to Mr Evan Davidson at the Khandallah branch in Wellington. In 1985 he moved to Auckland to become a professional Taekwon-Do instructor.



Master McPhail is the Chief Examiner for International Taekwon-Do (NZ), as well as the Technical Advisor. He wrote the Grading and Techniques Syllabus which is in use throughout the country, and is the author of the book "Taekwon-Do - Beginners' Training Manual", which is in its third printing.

Master McPhail's session, shared with Miss Carolina Dillen, invites you to think outside the square when it comes to your TKD school. He focuses on his new passion for Strength & Conditioning plus introduces some cutting edge techniques for instructing.

Miss Carolina Dillen

Miss Dillen has always been interested in learning about how the human mind and body work, so it made sense for her to study a BSc with majors in Physiology and Sport and Exercise Science. After completing a BSc, Miss Dillen decided to continue her studies by completing her degree with Honours in Sports & Exercise Science. "I choose to enter the field of Movement Neuroscience where ground-breaking research was being conducted at the University of Auckland Movement Neuroscience Laboratory. It gave me the opportunity to conduct several research projects under the supervision of top scientists in the field.

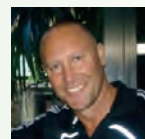


An added benefit to developing her knowledge and skills as a scientist for Miss Dillen was the improvement in her own sporting performance. During her time with the Sport and Exercise Science Department she became the World Cup and World Champs Champion.

Miss Dillen's session "Outside the Square" with Master McPhail will give instructors an insight into how a School can be developed in unlimited directions, making it more interesting and exciting as well as creating business potential.

Mr Lee Parore

Lee is one of New Zealand's leading personal trainers and wellness consultants. Lee talks about how the price of inaction far outweighs the price of action in all aspects of life – its about arming yourself with the right knowledge to implement strategies that harmonize the lifestyle reality of work, family and friends! In today's competitive corporate world, a healthy, happy fit executive is a performing asset.



Lee presents the scientific knowledge combined with a passion and humour to show us how we can still lead a busy, competitive and successful business life and obtain and maintain our health. He is a qualified Naturopath and "Corrective High Performance Exercise Kinesiologist". He was a member of the Nike Aerobics Team that won the TVNZ Series 'Clash of the Codes' and has written seven books including 'Competitive Edge', 'Corporate Edge', 'Power Posture' and 'Fearless Spirit – Joyous Heart', and his latest a series called 'Stop Killing your Kids and Yourself – food is your best medicine'.

Lee has been a consultant to Les Mills Body Training Systems for their internationally successful program 'Bodybalance' and has worked with some of this country's elite athletes.

Former Personal Trainer to Zin Zan Brooke, Sultan of Brunei, Jonah Lomu, and the Auckland Blues.

Special Presenters

Master Evan Davison
Chairman of the ITF Ethics Committee

Mr Mark Banicevich
Member of the ITF Development Committee and member of the Working Group for the Development of the Teaching of the "Do"

Senior Pattern Instructors

Master Evan Davidson
Master Paul McPhail
Master Mahesh Bhana
Master James Rimmer
Master Rocky Rounthwaite.