



## HISTORY

The Pacific Rim Institute of Taekwon-Do has been teaching students the art of Taekwon-Do in Port Coquitlam for the past 20 years and in Pitt Meadows for the past two. Our mission is to help our students reach their full potential not only in Taekwon-Do, but in everyday life as well.

## THE TENETS

**COURTESY**  
**INTEGRITY**  
**PERSEVERENCE**  
**SELF CONTROL**  
**INDOMITABLE SPIRIT**

The practice of these tenets as a "Way of Life" is strongly encouraged not only within the Dojang (training hall) but in all aspects of the students' daily lives.

## THE INSTRUCTION TEAM

Taekwon-Do is a place of advancement for everyone. Not only do students grow, our instructors constantly learn and advance as they guide their students every step of the way. This allows for a positive club feeling in which instructors lead by example. Whether you have questions about patterns or life, our instructors never fail to lend a helping hand. By constantly supporting our students we strive to make them the best they can be, not only in Taekwon-Do but also in life's challenges. Throughout all of our teachings we put family and our communities at the forefront, as we at Pacific Rim believe that it is an integral part of life. Encouraging a strong effort to make this world a better place, we help instill the best possible morals in all our students.

## CHIEF INSTRUCTOR



**MR. HAL LIPSCOMBE**

Mr. Lipscombe has been teaching in Port Coquitlam with PoCo Parks and Recreation for 20 years. He holds a Fifth Degree Black Belt with the International Taekwon-Do Federation, and has completed numerous International Instructor Courses given by the Founder of Taekwon-Do, General Choi Hong Hi.

Mr. Lipscombe's goal is to make the world a better place through teaching Taekwon-Do and its moral culture.



## PROGRAMS

Classes are held twice a week throughout the year. There are separate classes for children and teen/adults. People from all walks of life and fitness levels are encouraged to come and give us a try. We teach:

- **TRADITIONAL PATTERNS:**  
- Balance, breath control and the discipline of practice.
- **SPARRING:**  
- Cardio, endurance and control.
- **SELF DEFENSE:**  
- Teaching awareness and how to protect yourself.

And Much More!

# SCHEDULES

## PORT COQUITLAM

	Students	Adults	Location
Tues	7-8 pm	8-9:30 pm	Blakeburn Elementary School
Thurs	7-8 pm	8-9:30 pm	Mary Hill Elementary School

## PITT MEADOWS

	Students	Adults	Location
Tues	7-8 pm	7-8 pm	Pitt Meadows Elementary School
Thurs	7-8 pm	7-8 pm	Pitt Meadows Elementary School

## CONTACT

### PORT COQUITLAM

Mr. Hal Lipscombe  
Chief Instructor, International Instructor  
5th Degree Black Belt  
Phone: 604 466-2143  
Email: Hal.lipscombe@Bmo.com

### PITT MEADOWS

Mr. Chris Law  
Head Instructor  
4th Degree Black Belt  
Phone: 604 760-0291  
Email: Law@pacificrimtkd.com



[www.pacificrimtkd.com](http://www.pacificrimtkd.com)