



INTERNATIONAL
TAEKWON-DO
FEDERATION

ITF-Belgium has the honour to invite you to the

Technical Seminar with GrandMaster Paul Weiler (IX^o degree)
Vice-President of the International Taekwon-Do Federation



April 1st-2nd 2017

Who? The seminar will be open to red and black belts only

Venue: Sport- en Jeugdcomplex, Sportlaan 2, 9160 Lokeren

When? Saturday April 1st, 10.00-17.30 – all red & black belts
Sunday April 2nd, 10.00-13.00 – III° degree and above

The hall will be open from 9.00 on Saturday & from 9.30 on Sunday

Fee:

- 20€ red belts, I° & II° degree
- 25€ III° degree and up

Program:

- Saturday April 1st – all red & black belts :
 - mistakes during warming up
 - misinterpretation of the sine wave,
 - tul Chon-ji up to Juche
 - step sparring/hosinsul
- Sunday April 2nd – III° degree and above : tul Sam-il to Tong-il

Inscriptions: send your applications (name, grade, school/club) to taekwondo1@telenet.be March 25st latest. Inscriptions will only be valid after transfer of the inscription fee on the account of ITF-Vlaanderen Ev vzw BE18 3930 2075 5665.

We would appreciate if you could send the inscriptions and do the transfer of the fees per school/group.