

# ITF-Belgium



**Day of Taekwon-Do  
&  
Kids Day**

**When:** Sunday October 11th 2020

**Where:** Centre Sportif ADEPS La Mosane, 3 Allée du Stade, 5100 Jambes

**Who:** all members ITF-Belgium

- Kids Day: 3-7 y
- Day of Taekwon-Do: 8 y and up

**Start:** 10.00h - please be present in the venue, in dobok, at 9.50 latest

**Fee:**

- Kids Day: 12€
- Day of Taekwon-Do: 16€

**Inscriptions:** inscriptions can only be done through the instructor and will only be valid after payment of the inscription fees. Please coordinate all inscriptions and payments per school and use the appropriate form.

Deadline for inscriptions and payments: should be in *Monday October 5th 2020* latest, through [taekwondo1@telenet.be](mailto:taekwondo1@telenet.be) and BE18 3930 2075 5665.

**New:** a new concept will be used. Participants will have the chance to subscribe for workshops and thus have the choice according to their interest and needs.

Note: a minimum of 5 participants will be needed for the workshop to take place. Otherwise the participants will have the chance to change their request.

**Program:**

10.00-10.15 Line-up, bowing, welcome & group picture

- Kids Day:
  - 10.25-10.55 WK1 (Esther Meulemeester)
  - 11.00-11.30 WK2 (Omar El Ferkhani)
  - 11.35-12.05 WK3 (Nico Tunyck)
  - 12.05-12.10 Line-up, distribution of participation certificates, bowing
- Day of Taekwon-Do:
  - 10.20-10.40 General session: warming-up (Master Annick Van Driessche)
  - 10.45-11.30 W1
  - 11.40-12.25 W2
  - 12.35-13.20 W3
  - 13.25-13.40 General session: the circle of Taekwon-Do (Master Annick Van Driessche)
  - 13.40-13.45 Line-up & bowing

## Workshops:

### W1:

- W11 Tul Yon-gae up to Moon-moo (IV°degree and up) (GrandMaster Frank Vanberghen)
- W12 Hosinsul: basic techniques (from 12y on) (Wim Vermandere, Jan Lauwereins, Nico Tunyck)
- W13 Sparring youth (8-13y) (Erik Van Hoeck)
- W14 Powerbreaking (from 14y and 4th kup on) (Bob Wigman)

### W2:

- W21 Basic principles of sambo-ibo-ilbo matsogi (from 6th kup on) (Master Annick Van Driessche)
- W22 Explosive kicks in tul (Hans Rombaut)
- W23 Sparring techniques: what to do against attacking yop chagi? (Yves Pollefeyt)
- W24 Fundamental movements: sine wave: explanation and how to execute? (Bob Wigman)
- W25 Trial training pre-arranged free sparring EC 2021 (from I°degree on, only members with real interest to be part of the team for pre-arranged free sparring at the 2021 EC) (Master Virginia Dionisi)

### W3:

- W31 Hosinsul against weapons (knife, stick, gun) (from 4th kup on) (Wim Vermandere, Jan Lauwereins, Nico Tunyck)
- W32 How to move in sparring? (Patrick Crevecoeur)
- W33 Tul Kwang-gae up to Ge-Baek (I°degree and above) (Master Eddy van Damme)
- W34 Special techniques: exercises to develop appropriate power for jumping (Bob Wigman)
- W35 Trial training teamtul EC 2021 (from I°degree on, only members with real interest to be part of the team for teamtul at the 2021 EC) (Master Virginia Dionisi)

## Inscription form

School:.....

Instructor:.....

Inscription fees transferred on date: ..../.../2020 - amount: .....€

Name and surname	Kids Day	W1	W2	W3
E.g. Piet Temmerman	x			
E.g. Mieke Boelens		W11	W23	W34

To be send to [taekwondo1@telenet.be](mailto:taekwondo1@telenet.be) October 5th latest.