



# INVITATION



## **3rd International Competition Course** Motherwell, Scotland September 19<sup>th</sup> – 20<sup>th</sup>, 2015

Dear Grand Masters, Masters, Instructors and students of Taekwon-Do.

We are pleased to invite you all to the 3<sup>rd</sup> International Competition Course in Motherwell, Scotland.

The ICC will be conducted by:

Grand Master Wim Bos, Chairman of Competition Committee (Italy)  
Master Willy van de Mortel (Netherland)  
Master Jeruk Jedut (Poland)  
Mr. Tomaz Barada (Slovenia)

Venue:

Ravenscraig Regional Sports Facility  
1 O'Donnell Way  
Motherwell  
Scotland  
ML1 2TZ

We look forward to welcoming you to Scotland.

Yours sincerely,

Mr. John McIlvaney  
Mr. David Condie  
Organising Committee

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



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### Schedule:

#### **Friday September 18<sup>th</sup>, 2015 (or before) – Arrivals**

Registration will be conducted on Saturday 19th of September at the venue (Ravenscraig Regional Sports Facility) from 09:00 – 10.30 Participants must be at least 14 years old and in possession of a red belt and/or above.

***Don't forget to register online at the ITF website through your National Association.***

#### **Saturday 19<sup>th</sup> of September 2015**

11.00-14.00	Seminar Part 1
14.00-15.30	Lunch
15.30-18.30	Seminar Part 2
20:00	Banquet. Details to be announced.

#### **Sunday 20<sup>th</sup> of September 2015**

08.30-08.45	All participants assemble in venue
08.45-09.00	Group photo
9.00-12.00	Seminar part 3
12.00-13.30	Lunch
13.30-16.30	Seminar part 4
16.30-17.00	Questionary, Delivery of certificates, Closing Ceremony and Individual photo session.

### Accommodation:

The organization committee recommends you book one of the following hotels, which are close to the venue;

Hilton Strathclyde, Bellshill \*\*\*\*  
Holiday Inn Express Strathclyde Park\*\*\*  
Dalziel Park Hotel\*\*\*  
The Alona\*\*\*  
Moorings Hotel\*\*\*  
Bentley Hotel\*\*\*  
Innkeeper's Lodge Strathclyde Park\*\*\*  
Holiday Inn Hamilton\*\*\*  
Dakota Eurocentral\*\*\*\*

<http://www.booking.com/> for more options.

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In case that you need help for the accommodation please do not hesitate to contact the organisation committee [info@gmacmartialarts.co.uk](mailto:info@gmacmartialarts.co.uk)

### Spectators:

No spectators are allowed during the ICC. Filming and/or photographs can be taken, only if the ICC Committee approve.

### ICC Program:

The ICC consist of the following items:

- Pattern preparation and competition execution
- Pad and shield training methods
- Sparring techniques and tactics
- Power breaking methods and practice
- Jumping technique methods and practice
- Stretching methods
- Coaching
- Physical preparation exercises

Participants must bring their own safety equipment (hand, foot, head guard and groin guard) skipping rope and small hand pad.

Certificate: The ICC certificate of participation will be issued to those who completed the full course.

*Due to the popularity of the course, spaces will be allocated on a strict, first come first served basis. Early application is advised.*

### Fees and Payments:

#### Participation Fee:

Red belts up to 6th Degree: €120 + £40 inscription

Masters (7<sup>th</sup> & 8<sup>th</sup> Degree): €75 + £40 inscription

The participation inscription fee of £40 should be paid before the 5<sup>th</sup> September 2015 by bank transfer on the following account.

Don't Forget to mention the name of the participant and ICC 2015.



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## 3rd International Competition Course Motherwell, Scotland September 19<sup>th</sup> – 20<sup>th</sup>, 2015

Bank: Santander  
Account Name: TKD Direct  
Account Number: 74052162  
Sort Code: 09-01-28  
IBAN: GB39ABBY09012874052162  
BIC: ABBYGB2LXXX

### Deadline:

Please send the application form by the **5th of September 2015** to:

Mr. John McIlvaney [info@gmacmartialarts.co.uk](mailto:info@gmacmartialarts.co.uk)

For further information please use the contact email above or check the social media pages:

International Competition Course Facebook Page:  
<https://www.facebook.com/pages/International-Competition-Course-ICC/793424304051742?fref=ts>

ICC – Motherwell 2015 Facebook Page:  
<https://www.facebook.com/pages/ICC-Scotland-1920th-sept-2015-Motherwell/1444980899143832?fref=ts>

We hope to welcome you all in Motherwell, Scotland.

Best Regards,

Mr. John McIlvaney  
Mr. David Condie