



# POLISH TAEKWON-DO ASSOCIATION

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Our ref. 034.2009

December 8<sup>th</sup>

To: ITF MEMBERS

SUBJECT: International Instructor Course – Poland, January 2010

Dear Masters, Instructors and Taekwon-Do Practitioners!

We have the honour to invite you to the IIC to be held in Warsaw, the capital of Poland, a beautiful city situated near the river Wisla.

## 1. Date and venue

The course will be held from 22<sup>nd</sup> - 24<sup>th</sup> January 2010 in Torwar Sports Hall, Warsaw, Łazienkowska 6a Street.

## 2. Accommodation and board

Special agreement for accommodation fees has been made with HOTEL ETAP Warszawa Centrum, Zagórna 1 Street, [www.etaphotel.com](http://www.etaphotel.com)

- Rooms available as follows:

Single room

157 PLN per person per day

Double room

87 PLN per person

**Prices include ONLY breakfast!**

- The accommodation it's not obligatory, you can stay wherever you like.
- The Hotel Etap is located about 5 minutes on foot from the Torwar Sports Hall.

## 3. Time schedule

- Friday, 22<sup>nd</sup> January

Arrival : meeting point at Hotel "Etap Warszawa Centrum" Zagórna 1 Street, before 4.00 p.m

17.00-20.00 – seminar in Torwar Sport Hall

- Saturday 23<sup>rd</sup> January:

9.30-12.30 – seminar

15.00-18.00 – seminar

- Sunday 24<sup>th</sup> January:

9.30-12.30 – seminar

14.00- 17.00 – degree test for higher rang

The IIC will be conducted by the Technical Committee of the ITF masters:

- Grand Master Hector Marano, 9th Degree, ITF Chairman Technical Committee,
- Grand Master Pablo Trajtenberg, 9th Degree, ITF Senior Vicepresident,
- Master Willem Jacob Bos, 8th Degree, ITF Secretary General.

#### 4. Programme

The ITF International Instructors Course will include the following programme and/or qualifications:

1. patterns from Chon-Ji up to Tong-Il
2. step sparring
3. self defence
4. ITF International Instructor Qualification (4th degree and up)
5. grading up to 7th degree (permission from NGB and ITF is needed)

#### 5. Fees

Course fee, according to the ITF By-Laws is **120 Euro** plus **30 Euro** inscription fee.

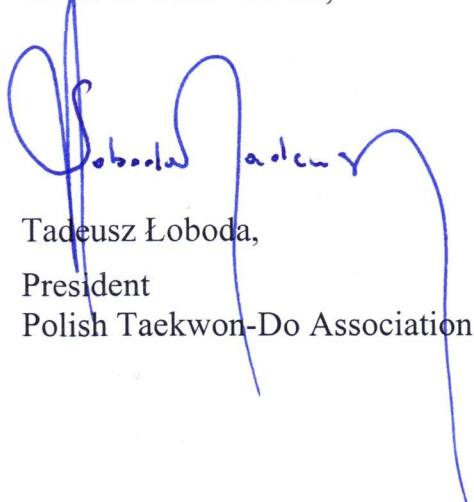
Please note that the complete charge (course, inscription, accommodation fee) have to be paid at your arrival in the hotel.

Participants from VII<sup>th</sup> to IX<sup>th</sup> Degree shall pay only for accommodation and inscription fee. They are waived for the course fee.

Send the application form on or before **20th December 2009** to [info@itfeurope.org](mailto:info@itfeurope.org)

After the deadline we cannot guarantee the place at the hotel!

Yours in Taekwon-do,

  
Tadeusz Łoboda,  
President  
Polish Taekwon-Do Association

