

ITF NORWAY

태권도



Postboks 5096
N-9284 Tromsø, NORWAY
info@itf-taekwondo.no

International Instructors Course, 21-23 September 2007 Tromsø, Norway

OFFICIAL INVITATION

Dear Masters, Instructors and Students.

We would like to invite all ITF Taekwon-Do practitioners to attend the International Instructors Course, to be held in Tromsø, Norway 21-23 September 2007. Participants must be from 2. Gup and up.

For further information please visit our web-site: www.itf-taekwondo.no. Here you will also find more information about the city Tromsø on this site and links. There will also be information on how you should travel to Tromsø.

The course will be conducted by ITF Technical committee;

Master Hector Marano (Argentina) - 8th dan, ITF Chairman Technical Committee Master Wim Bos (Italy) - 8th dan, ITF Tournament Committee Chairman, & Master Pablo Trajtenberg (Argentina) - 8th dan, ITF Senior vice-president. The course will include all the aspects of Taekwon-do. At the end of the course you will receive an International Instructor Course certificate.

Content of course include:

- Patterns from Chon-Ji through Tong-Il, according to level
- Steps, traditional and free sparring
- Self-defense
- TKD philosophy
- How to teach the Do
- Umpire theory lessons and practical training
- Tournament organization
- Qualification for ITF International Instructor (4th degree and higher)
- There are "no" limited number of places on the course. But people in need of visa or to be sure that you have a hotel and connecting flight to Tromsø (from capitol Oslo "OSL" to Tromsø "TOS") you should register early to avoid disappointment. People outside Europe that need visa must apply before 1 June – because Norway is the outer border to "Schengen" and it's recommended to apply 90 days before travel to Norway.

Course fee:

The course fee will be 120€ + 40 € for registration along with the course registration form (attached) before 1 August 2007. Payment can be done by bank with a total of 1450 NOK. Bank charge must be paid by the participants.

International Payments must be made to:

ITF Taekwon-Do, P.O.box 5096, 9284 Tromsø, NORWAY, Swift: NDEANOHH, IBAN: NO7564200528970. Bank info: Nordea Bank Norge ASA, 9005 Tromsø, NORWAY Account number [6420 0528970](tel:64200528970)

Payment after 1 August must be pay in cash (120€ + 40 €) on arrival Thursday evening.

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Venue:

The course will be in the Congress Hall at the Radisson SAS Hotel in center of Tromsø.

Schedule: The following schedule is set for the event, but small changes can be done by the technical committee:

Friday, 21 September: 9:00 - 12:00 (lunch break) 15:00 - 18:00
Saturday, 22 September: 9:00 - 12:00 (lunch break) 15:00 - 18:00
Sunday, 23 September: 9:00 - 12:00

Accommodations:

We have made reservation for a limit numbers of rooms. If you wish the organizer to book hotel room for you the application form should be sent to the organiser in Tromsø directly as soon as possible:

Email: info@itf-taekwondo.no

Hotel rate: NOK 995 (120€) pr night per person in double rooms, single room add NOK 150 (20€) per night. **The price include breakfast and lunch.**

To make the booking at the hotel room you have to pay the hotel fee in advance before 1 July by using the same bank account as for the course fee.

If you wish to book your own hotel accommodation in Tromsø you can find hotel at this link;

www.destinasjontromso.no

When you send your application for the course please inform us that you have booked your own accommodation and the name of hotel where you have made your reservation. People not staying at Radisson SAS Hotel and wish to have the lunch at the hotel can by tickets for NOK 225 per day.

Dinner Banquet: On Saturday 22 September at Radisson SAS Hotel there will be a banquet and the menu is Tapas buffet. The price will be NOK 395 per person included 1 glass of soft drinks, beer or wine. Please indicate when applying for the course if you will be present at the banquet. If you want to participate you must also do the payment for the banquet by bank.

We look forward to hosting this event in Tromsø, Norway and look forward to see you all at the course in September.

If you have any questions, please do not hesitate to contact the organiser at **+ 47 915 15 645** or e-mail nicolaisen@itf-taekwondo.no

Best regards,

Ray Nicolaisen

President - ITF Taekwon-Do Norway

Chairman organizing committee

www.itf-taekwondo.no