



Irish National Taekwon-Do Association

Telephone: +353831662735

E-mail: amyjanetroy@gmail.com

Web: www.inta.ie



To: All ITF/AETF National Associations.

Subject: International Instructors Course in Ireland

Dear GrandMasters, Masters, Instructors and Students,

The Irish National Taekwon-Do Association has the honor to invite you to an International Instructors Course in Ireland. After holding successful International Instructors Courses in 2005 and 2008 we hope that you will be able to join us again for the next event in 2013. Please register through the IIC tab on the INTA website at www.inta.ie

Date: 23rd, 24th & 25th May 2014

Venue: Red Cow Moran Hotel, 22 Naas Road, Dublin 22

The seminar will be conducted by the ITF Technical Committee: **Grand Master Hector Marano** (9th degree – Argentina), **Grand Master Willem Jacob Bos** (9th degree – Italy) and **Grand Master Lan Kim Ung** (9th degree, Germany).

Time schedule:

Arrival:	Thursday, 22 nd May 2014	6.00pm – 7.30pm registration
Seminar:	Friday, 23 rd May 2014	08.00 – 08.45 registration 9.00 – 12.00 seminar 12.00 – 13.00 lunch 13.00 – 16.00 seminar 19.30 – 22.00 Banquet (optional)
	Saturday, 24 th May,	09.00 – 12.00 seminar 12.00 – 13.00 lunch 13.00 – 16.00 seminar kids programme/promotional test (up to 6 th Degree)
	Sunday, 25 th May	09.00 – 12.00 seminar/promotion test (7 th Degree and above) 12.00 – 13.00 lunch
	Monday, 26 th May	Departure or stay for holiday

Course fees:

- 1st – 3rd Degree €170
- 4th – 6th Degree €200
- 7th Degree and above €75

The National Association for The International Taekwon-Do Federation & the All European Taekwon-Do Federation.
Senior Instructors: Master Brendan O'Toole 8th Degree, Master. Val Douglas 8th Degree, Master Gerry Martin 7th Degree.

Lunch:

Lunch is available in the hotel restaurant each day with the possibility to have cold and hot dishes during lunch break.

Accommodation:**Red Cow Moran Hotel****22 Naas Road, Dublin 22**

Tel: +353 1 4593650

Fax: +353 (0) 1 459 1588

e-mail: redcowres@moranhotels.com

Discounted Rate of €79 for a single room and €89 per Twin/Double Room for bed and breakfast (B&B) applies per night.

Please communicate to the reservations department (number above) that you will attend the International Instructors Course held by the Irish National Taekwon-Do Association to avail of these prices.

The Red Cow Moran Hotel is situated on the Naas Road (full address above) approximately 20 minutes by car from Dublin Airport. The hotel is also connected by LUAS (high speed train) to the city centre. Parking is available free of charge to all guests and those attending the IIC at the hotel. Please see attached map and full address.

Please book your rooms by fax or email using the contact number above or the email address redcowres@moranhotels.com

Participant's application form is attached but should be completed online via the INTA website at www.inta.ie. Please do not forget to book your hotel room.

Accreditation and payment of the course fees:

On Thursday, 22nd May 2014 from 6.00pm – 9.00pm or on Friday, 23rd May 2013 at the Red Cow Hotel, from 8:00am – 8.45am

Please note that all banquet monies must be paid during online registration. Menu options are available via the online registration and also available during registration. The cost of the banquet is €40 per person.

How to reach the Red Cow Moran Hotel

Web-link with Location Map: <http://www.dublinairport.holiday-inn.com/dblap/location.html>

Airport to hotel transport will be arranged for all Grand Masters and Masters.

By plane

To the national airport Dublin

Bus to city centre and LUAS (red line) to Red Cow Stop or car to the Hotel

Yours in Taekwon-Do,

Master Brendan O'Toole

Things to Do in Dublin

Getting to the City Centre

The [LUAS](#) stops just outside the hotel and takes approximately 20 minutes to reach the city centre. A return ticket from the hotel costs €4.60. Tickets can be purchased at a kiosk before you board the train.

Once you are in the City Centre

Guinness Storehouse

St. James's Gate, South Market Street (Bus 21a, 51b 78 or 78a from Fleet Street)

Website: www.guinness-storehouse.com

Opening hours: 9.30am – 5pm

Tour the old grain storehouse and the 26 hectare brewery and finish with a pint of guinness in the gravity bar with panoramic views of Dublin

Dublin Castle

Cork Hill

Website: www.dublincastle.ie

The centre of British power in Ireland for most of 800 years, the Castle sits on Cork Hill, behind the City Hall. Parts of the castle's foundations remain and a visit to the excavations is the most interesting part of the castle tour. The castle is also home to one of Dublin's best museums, the Chester Beatty Library.

Kilmainham Gaol (Prison)

Inchicore Road, (Bus 23, 51, 51A, 78 or 79 from Aston Quay)

Website: www.heritageireland.ie

Opening hours 9.30am – 6.30pm

An excellent audiovisual introduction to the building and the history of Ireland is followed by a thought-provoking tour of the prison, the largest unoccupied building of its kind in Europe.

Trinity College

College Green, Dublin 2

Website: www.tcd.ie

Tours every 40 minutes Monday – Saturday 10.15am – 3.00pm

One of the most prestigious Universities in Ireland and home to a collection of the world's rarest books including the Book of Kells

Phoenix Park and Dublin Zoo

Buses Nos. 25, 26, 46A, 66 / 66A / 66B, 67, 69

LUAS Red Line: Dublin Zoo is a 15 minute walk from the Heuston Station (main train station)

Website: www.dublinzoo.ie

The Phoenix Park at 707 hectares is one of the largest enclosed recreational spaces within any European capital city. Just a short distance from the train station, the park is home to Áras an Uachtaráin, (the residence of the President of Ireland) and many other historic buildings and monuments. The park contains a Zoo, Victorian tea rooms, Segway tours and bike hire. The Zoo is one of the world's oldest zoos and home to some 400 animals.

Further information on sights can be accessed from

<http://www.lonelyplanet.com/ireland/dublin/things-to-do?page=3>



International Taekwon-Do Federation

International Instructor Course Application Form

City:	Country:
--------------	-----------------

Participant:	<input type="text"/>	<input type="text"/>	<input type="text"/>
	name	surname	M/F
Address:	<input type="text"/>	<input type="text"/>	<input type="text"/>
	street	number	city
Date of Birth:	<input type="text"/>	<input type="text"/>	<input type="text"/>
	year	month	day
Nationality:	<input type="text"/>		
Actual kup/degree	<input type="text"/>	ITF degree number:	<input type="text" value="-"/> <input type="text" value="-"/>

(without the ITF degree certificate number the application form cannot be accepted)

signature:

participants instructor and or master:

<input type="text"/>	<input type="text"/>
name	surname
Plaque Certificate number:	<input type="text"/>
ITF degree number:	<input type="text" value="-"/> <input type="text" value="-"/>

(without the plaque certificate number the application form cannot be accepted)

signature:

Organiser:	International Taekwon-do Federation - Irish National Taekwon-Do Association (Ireland)
(Federation / Association name)	

President:	<input type="text" value="Master Brendan"/>	<input type="text" value="O'Toole"/>
	name	surname

signature:

date:	<input type="text" value="2014"/>	<input type="text" value="05"/>	<input type="text" value="23"/>
	year	month	day

N.B: this form must be used for every International Instructor Course