



FIRST EVER!

ITF

INTERINTERNATIONAL

COMPETITION COURSE



ITF NETHERLANDS

JUNE 20TH - 21ST 2015

UTRECHT



1st INTERNATIONAL COMPETITION COURSE

Invitation 1st International Competition Course Utrecht, The Netherlands June 20th – 21st 2015

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

We are pleased to invite you all to the 1st International Competition Course in Utrecht, The Netherlands.

The ICC will be conducted by:

Grand Master Willem Jacob Bos, Chariman of Competition Committee
Master Willy van de Mortel, Coach of many legends and Champions
Master Jeruk Jedut, Coach of 30 World and European Champions
Mr. Tomaz Barada, 3 x World Champion and 6 x European Champion

Venue:

Sporthal Nieuw Welgelegen
Grebbeberglaan 3-13
3527 VX Utrecht

Schedule:

Friday 19 th of June:	16:00 – 18:00	Arrival at NH Hotel Utrecht , Jaarbeursplein 24, 3521 AR, Utrecht or of Park Plaza , Westplein 50, 3531 BL Utrecht
Saturday 20 th of June:	09:30 – 10:30	Registration at Sporthal Nieuw Welgelegen
	10:30 – 11:00	All participants assemble in venue
	11:00 – 14:00	Seminar Part I
	14:00 – 15:00	Lunch
	15:00 – 18:00	Seminar Part II
	19:30 – 21:00	Banquet
Sunday 21 st of June:	08:30 – 09:00	All participants assemble in venue
	09:00 – 12:00	Seminar Part III
	12:00 – 13:00	Lunch
	13:00 – 16:00	Seminar Part IV
	16:00 – 17:00	Group photo and delivery certificates

Registration:

Registration will be conducted on Saturday 20th of June at the venue (Nieuw Welgelegen) from 09:30 – 10:30. Participants must be at least **14 years** old and in possession of a **red belt**. Don't forget to register online through your National Association.

Banquet:

On Saturday a banquet will be organised, costs are € 25 euros (drinks not included), subscription is necessary.

Transportation:

The venue for the ICC, Grebbeberglaan 3-13, 3527 VX Utrecht, is about 5 minutes walk from the hotel and Utrecht Central Station. It takes about half an hour to get from Schiphol Airport to the venue.





Spectators:

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

Program:

The ICC consist of the following items:

- Practical Self-defense
- 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 there own **safety equipment** (hand, foot, head guard and groin guard), **skipping rope** and one **small hand pad**.

Certificate:

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

Fees and Payments:

Participation Fee:	Red belts up to 6 th Degree: € 170,-
	7 th Degree and above: € 125,-
Banquet	€ 25,-

The complete fee (including Banquet fee) should be paid before the 13th of June 2015 by bank transfer on the account of I.T.F. Nederland. Don't forget to mention the name of the participant and ICC 2015.

IBAN: NL58 INGB 0001 0180 58
BIC: INGBNL2A

Deadline:

Please send the application form by the 13th of June 2015 to icc@itf-nederland.nl

Contact:

If you have any questions please contact Mr. Wouter Meijer:
icc@itf-nederland.nl or by phone +31 6 29 43 34 51

We hope to welcome you all in Utrecht, The Netherlands.

Best Regards,

Master James Tjin-A-Ton
President I.T.F. Nederland
Organiser ICC Netherlands

Mr. Wouter Meijer
Secretary-General I.T.F. Nederland
Organiser ICC Netherlands

Robert Boer
Board Member I.T.F. Nederland
Organiser ICC Netherlands

