



International Instructors Course

International Instructors Course

Ostend ~ Belgium



November 22 - 24 2013



www.iicbelgium.be



GM Willem Jacob Bos



GM Hector Marano



GM Lan Kim Ung



WWW.SYNTECH-NUTRITION.COM



Dear Grand Masters, Masters, Instructors, Taekwon-Do Practitioners & Friends,

We have the honour to invite you to Belgium for an International Instructors Course, conducted by the ITF Technical Committee – Grand Master Hector Marano, 9th degree (chairman), Grand Master Willem Jacob Bos, 9th degree and Grand Master Kim Ung Lan, 9th degree. The event will take place in one of the nicest places at the Belgian coast, Oostende, Queen of the North Sea.

ITF-Belgium already hosted International Instructors Courses in 2004 and 2007 nearby Brussels, in 2013 we would like to welcome all of you at the seaside.

The event is open to all ITF members from 1st degree on.

Please don't hesitate to contact us if you would need more information, or for any assistance.

With kind regards,

The organizing committee,

Annick Van Driessche (VI^o)
President ITF-Belgium

Master Frank Vanberghen (VIII^o)
Technical Director ITF-Belgium

Stefan Hendrickx (III^o)
Boardmember ITF-Vlaanderen

Benny Torfs (I^o)
Boardmember ITF-Belgium

Hardy Viktor (III^o)
President ITF Luxembourg

Partners : FROS vzw – www.fros.be & Syntech Nutrition – www.syntech-nutrition.com

Information IIC

Venues

Sportcenter **De Koninklijke Stallingen &**
Sportsbar “De Ironie”

Koninginnelaan 76
8400 Oostende

On Friday & Saturday



Sportcenter Ravelingen, **Domain Ravelingen vzw**
Zeedijk 290
8400 Oostende

On Sunday



Date & Program

Friday November 22nd 2013

9.00h-12.00h	IIC
12.00h-13.00h	Lunch break
13.00h-16.00h	IIC
19.30h	Banquet

Saturday November 23rd 2013

9.00h-12.00h	IIC
12.00h-13.00h	Lunch break
13.00h-16.00h	IIC

Sunday November 24th 2013

9.00h-12.00h	Grading
9.00h-12.00h	ITF Kids Development Program (by Master Donato Nardizzi)
12.00h	Questionary, delivery certificates, pictures

Seminar Fee

- 1st – 3rd degree : 170€
- 4th -6th degree : 200€
- 7th degree & above : 125€

Banquet

Restaurant “De Wandelaar”, Ravelingen, 9th floor

Cold & hot buffet with Belgian specialities + dessert buffet.

Price : 40€ pp drinks included during the meal.

Inscriptions are needed in advance, through the application form.

Take the opportunity to meet & talk to the GrandMasters outside the dojang.

Casual clothing.

Spectators

- No spectators are allowed during the IIC
- Filming and or photographs taken, only if approved by the Chairman of the IIC Committee

Attention

The IIC certificate of participation will be issued to those who completed the full course.

Test for degree promotion

Participants wishing to test for degree promotion must:

- Send the application form through the National/Allied Association at least one (1) month before the promotion date to the ITF Administrative HQ.
- Bring 5 wooden boards measured 30x30x2 cm (only from 1st to 6th degree).
- Pay their ITF degree certificate and grading fee in cash one hour prior to the grading.
- Test for degree promotion will be at the last day of the course and the result shall be given directly after the promotion.
- No spectators are allowed during the degree promotion.
- The candidate might be accompanied by his/her instructor

Contact details

Website IIC Belgium 2013 : www.iicbelgium.be

Website ITF-Belgium : www.itfbelgium.be

All application forms should be send to : taekwondo1@pandora.be

This e-mail address can also be used for any assistance.

Please send your application forms before October 22nd 2013.

Mobile number :

- Annick Van Driessche : +32-(0)496/86.35.58
- Master Frank Vanberghen : +32-(0)497/04.58.33

Registration & accreditation

All application forms should be send to taekwondo1@pandora.be October 22nd 2013 latest.

Payments of seminar fee & banquet during the accreditation:

- Thursday November 21st, 16.00h-21.00h, at the reception of Ravelingen.
- Friday November 22nd, 7.30h-8.30h, in the sports centre Koninklijke Stallingen.

Contact taekwondo1@pandora.be if you plan to arrive later.

Hotel accommodation

Domain Ravelingen, a holiday park at the Belgian coast, just at the sea dyke of Ostend.

Addres : Ravelingen - Zeedijk 290 - 8400 Oostende-Belgium

Hotel accommodation at the domain:

- Studio : 1 up to 3 persons
- Apartment : 4 up to 7 persons

Price per person per night, breakfast included: 32€

(If min. 2 persons per studio, min. 4 persons per apartment, otherwise higher prices can be charged)

Reservation is only possible through the organizing committee, through the application form.

Payments of hotel accommodation (and parking space if requested) : directly at the hotel.

Guests are welcome to use the swimming pool, whirlpools, sauna, hammam and fitness centre, located at the domain, during their stay.

Free wifi is available.

The sports centre at Ravelingen is at your disposal if you want to practise further on after 16.00h.

Towels can be hired at the reception desk.

There is some parking space in the neighbourhood, but residents can book a parking space (at -2, via Duinhelmstraat) at 5,40€ per day.

Restaurants inside the complex :

- Café den Ensor : sandwiches & snacks at very sharp prices
- Self-service/buffet "De Grote Rede" : at 15€ pp, tickets can be bought at the reception desk
- At the 9th floor, Ravelingen has a nice restaurant, "De Wandelaar".
- Each studio/apartment has its own kitchen.

Ravelingen is located at the sea dyke, with plenty of restaurants and bars, and near (3km) to the city centre and the harbour of Oostende.

Ravelingen is near to the railway station & the airport of Oostende, at the junction of main highways, near to the harbour of Oostende and Calais.

The coast tram is stopping at the main entrance ("Halte Ravelingen").

More information : www.ravelingen.be



1. Ravelingen
2. De Koninklijke Stallingen at 3,1km of the hotel

The coast tram has a stop in front of Ravelingen and also one at De Koninklijke Stallingen. In wintertime the tram is passing by every 20 minutes (takes about 16 minutes).

Travel & tourist information

Information on Ostend : www.visitoostende.be



By car

The E40 motorway connects Brussels with Oostende. In 90 minutes you will drive from Brussels to Oostende by car.

You will reach Oostende from Antwerp by taking the E17 that will lead you to the E40 to Oostende.



By train & high-speed train

The train stops in the centre of Oostende, near to the sea dyke and the venue, and offers a lot of direct connections from and to the midland, Brussels & the airports.

The Thalys will take you in 1:30 hour from Paris and in 2:00 hours from Amsterdam to Oostende.

More information : www.nmbs.be - www.tgv-europe.be - www.eurostar.com

By Eurotunnel

Oostend is located at 96km of Calais & the entrance to the Eurotunnel to the UK.

More information : www.eurotunnel.com

The coastal tram

The tram is undoubtedly the fastest and easiest means of transport at the Belgian coast. In summer time, a tram passes every 10 minutes. From the 5th of November the tram passes every 20 minutes.

The coastal tram drives between De Panne and Knokke till 0:30h. Going by tram is very often the most profitable means of transport.

There is a tram stop at the main entrance of Ravelingen ("Halte Ravelingen").



By boat

P&O Ferries has ferries Hull-Zeebrugge and Dover-Calais (France). Zeebrugge is at 30km from Oostende, Domain Ravelingen.

More information : <http://www.poferries.be/>

By plane

- **The airport of Oostende**, at a few minutes by car from the city center, is in full expansion.

Internationale Luchthaven Oostende-Brugge
Nieuwpoortsesteenweg 889, B-8400 Oostende
Website : www.ost.aero.be

- **Brussels National Airport**, at 126km of the venue.
Website : www.brusselsairport.be

From the national airport, Ostend can easily be reached by car (direct motorway, E40, in appr. 90 minutes) or by train (good connections to Ostend). More information above.

National railway company : www.nmbs.be

Car rental : www.brusselsairport.be/en/passngr/services/car_rental

- **Airport of Brussels-South** (Charleroi), at 166km of the venue.

Brussels South Charleroi Airport
Rue des Frères Wright 8
B-6041 Charleroi
Website : www.charleroi-airport.com

From the airport of Brussels-South, Ostend can easily be reached by car (by motorway – E42 to Brussels, E40 to Ostend).

Car rental : www.charleroi-airport.com/en/passengers/services-and-shops/car-rental/index.html

Shuttle bus to Brussels Midi railway station : www.charleroi-airport.com/en/passengers/acces-and-parking/brussels-city-shuttle/index.html

What to see in and around Oostende?

Oostende is known as the “**Queen of the Belgian coast**”, with a nice beach and sea dyke near the city centre, with plenty of restaurants, bars & shops.
The city is also famous for the many wellness centres and its Casino Kursaal.

Oostende has a harbour, the second largest of Belgium, so many of the places of interest are maritime places: examples are the Atlantikwall, the ship Mercator, Fort Napoleon and many museums.

Oostende is the city of the famous painter James Ensor and the artist Marvin Gaye, today the city honours these artists with the Ensor Gallery, the James Ensorhouse (Mu.Zee) & Au Bord du Mer.

In the early days Oostende was “the place to be” for the royal family; remains of that time can be found throughout the city. Most prominent are the Wellington Racecourse (established in 1883 and still in use today) & Wellington Golf, Petit-Paris and the Thermae Palace.

More information : www.visitoostende.be

Oostende is situated at only 28km from **Bruges**, the “Venice of the North” and at 51km from **Ypres**, with many memories and remains of World War II (“**In Flanders Fields**”).

