

TAEKWONDO

Adresa: V. Novaka 23,
10290 Zaprešić, mob 0992717677
OIB 32868581095,
IBAN HR3023400091110161682



KLUB ZAPREŠIĆ

Devizni račun:
HR30 2340 0091 1101 6168 2
PRIVREDNA BANKA ZAGREB D.D.
10000 Zagreb, Račkoga 6,

in cooperation with



KY-TU DANG - 8.Dan -TAEKWONDO

The World Police Taekwondo Federation – Vice President
The Danish Taekwondo Federation – National Coach Poomsaes
E-mail: kytudang@gmail.com Mobile phone (+45) 21765342
RØDOVREVEJ 346 - 2610 RØDOVRE - DENMARK .

Dear friends and colleges,

Invitation:

We hereby invite you, your Poomsaes National Team, National Poomsaes Coach/Coaches and International Poomsaes Referees to participate at this:

Poomsaes Synergy Seminar

in Zagreb – Croatia, October 17.-18. 2019

Sporthall Sutinska Vrela, Podsusedski Trg 14, 10090 Zagreb, Croatia

The concept:

Croatian Taekwondo Federation in cooperation with Ky Tu Dang organize this invitational elite level Poomsaes seminar and competition. The idea of this seminar is to practice, compete and exchange:

- Knowledge
- Skills
- Ideas
- Experiences
- Understanding
- Friendships

The program for the seminar is based on:

- Sharpening basic techniques to avoid losing Accuracy points.
- Improve and understand performances of Presentation scores.
- Improve and understand performances of Freestyle Poomsaes scores.
- Preparing players for the test competitions, Croatia Open **19.-20. Oct. 2019**
- Preparing players for the World Poomsaes Championships 21.-24. May 2020 in Denmark.
- Résumés, feed-backs and adjusting practices.

Throughout the seminar, players, coaches, referees and the organization will always be focus on dialogs to gain mutual understanding and best methods for practices and performing of Poomsaes.

Beside this very interesting concept we found it is very motivating and exiting to have the opportunity to practice with team members from different part of the world.

Registration:

To provide good services and to have a high-quality seminar - the spaces are limited, that is why only a few teams are invited. You are invited and have the possibility to participate this unique event, so please send us your respond as soon as possible with:

- Name / Country / Date of birth.
- Competition categories (Individual / Pair / Team / Freestyle).
- If have: Poomsaes Referee class and do you wish to judge or compete at the tournament.

Registration at www.tkd-natjecanja.com.hr

deadline is 06th October 2019

Entry fee:

Seminar per person: Euros 50

The Entry Fee must be paid in advance, free of charges and deductions, on the following account until **12 October, 2019.:**

Beneficiary: Taekwondo klub Zapresic, V. Novaka 23, 10290 Zapresic

Bank Name: Privredna banka Zagreb, ulica Franje Rackog 6

IBAN: HR3023400091110161682 SWIFT-BIC: PBZGHR2X

Reason for payment: SEMINAR 2019, *[Name of Team]*

Please keep a copy of the transfer with you at the registration.

There will be no refund if a registered competitor fails to show up for the competition.

PROGRAM of Poomsaes Synergy Seminar 17.-18. October 2019

16.10. Tuesday:

Arrival, registration

17.10. Thursday:

08:00 – 09:00 Strengths and stretching

09:00 – 10:00 Breakfast

10:00 – 13:00 Practicing of basic movements, “accurately requirements and key points”

13:00 – 15:00 Lunch break

15:00 – 18:00 Taegeuks & Poomsaes – Presentation of Movements & Expressions

18:00 – 20:00 Diner break

20:00 – 21:00 Feedback of the day

18.10. Friday:

08:00 – 09:00 Strengths and stretching

09:00 – 10:00 Breakfast

10:00 – 13:00 Taegeuks & Poomsaes – Focus on Pairs & Teams

13:00 – 15:00 Lunch break

15:00 – 18:00 Freestyle – Rules, Structuring & Performing, Judging

18:00 – 20:00 Diner break

20:00 – 21:00 Feedback of the day, Prepare for competition day

19.10. Saturday:

Croatia Open – Competitions, Judging and Coaching all day.

07:00 – 08:00 Registration. Appointments of coaching tasks, tactics, goals and challenges...

20.10. Sunday:

Croatia Open – Competitions, Judging and Coaching all day.

07:00 – 08:00 Registration. Appointments of coaching tasks, tactics, goals and challenges...

Feedback, advices and Q&A

Contents of the program may be changed during the seminar due to daily observations and feedbacks.

Accommodation:

There are a variety of hotels and youth hostels in Zagreb. Look for it via www.uniline.hr, mihael.robic@uniline.hr hotels.com booking.com

Best regards,

Ky-Tu Dang

Tajnik TK Zaprešić: Viktor Romančuk, dr.



Viktor Romančuk