
Invitation

Master Seminar – Beijing, China

Dear Masters, Instructors, Students of Taekwondo,

It is a great pleasure to invite you to the **Master Seminar** which will be held at the ITF Taekwon-do China Union Training Center in Beijing, China on on April 29 – April 30, 2018. 5-time World Champion and 19-time European Champion, one of the ITF Taekwon-do legends – Master Jaroslaw Suska will be conducting the seminar

We sincerely hope that the Master Seminar will be success for all masters, instructors and participants.

Looking forward to meeting all of you in Beijing,China.

Yours in Taekwon-Do.



Shang Liu
President of ITF Taekwon-do China Union

6-times World Champion and 20-times European Champion, one of the ITF Taekwon-do legends – Master Jaroslaw Suska will conduct the seminar.



Master Jaroslaw Suaka



The seminar applications form may be received by email. Early bird Payment for the seminar must be received by March 1, 2018, regular Payment for the Seminar, Must be received by April 1, 2018

The seminar is open to All Belts and will be focus on Kicking. Master Suska will help us to expand our knowledge and give advises on all aspects related to Taekwon-do Kicking.

Subjects to be covered include **Warm up and Stretching, Kicking in Patterns, Kicking in Sparring, Kicking for special Techniques, Physical training for better Kicks.**

We would love for everyone to take part in this great event. We recommend that you make your reservations in advance so we can accommodate everyone attending or wishing to attend.

Please feel free to contact us by email at:
Admin@tkd-itf.cn

The Venue:

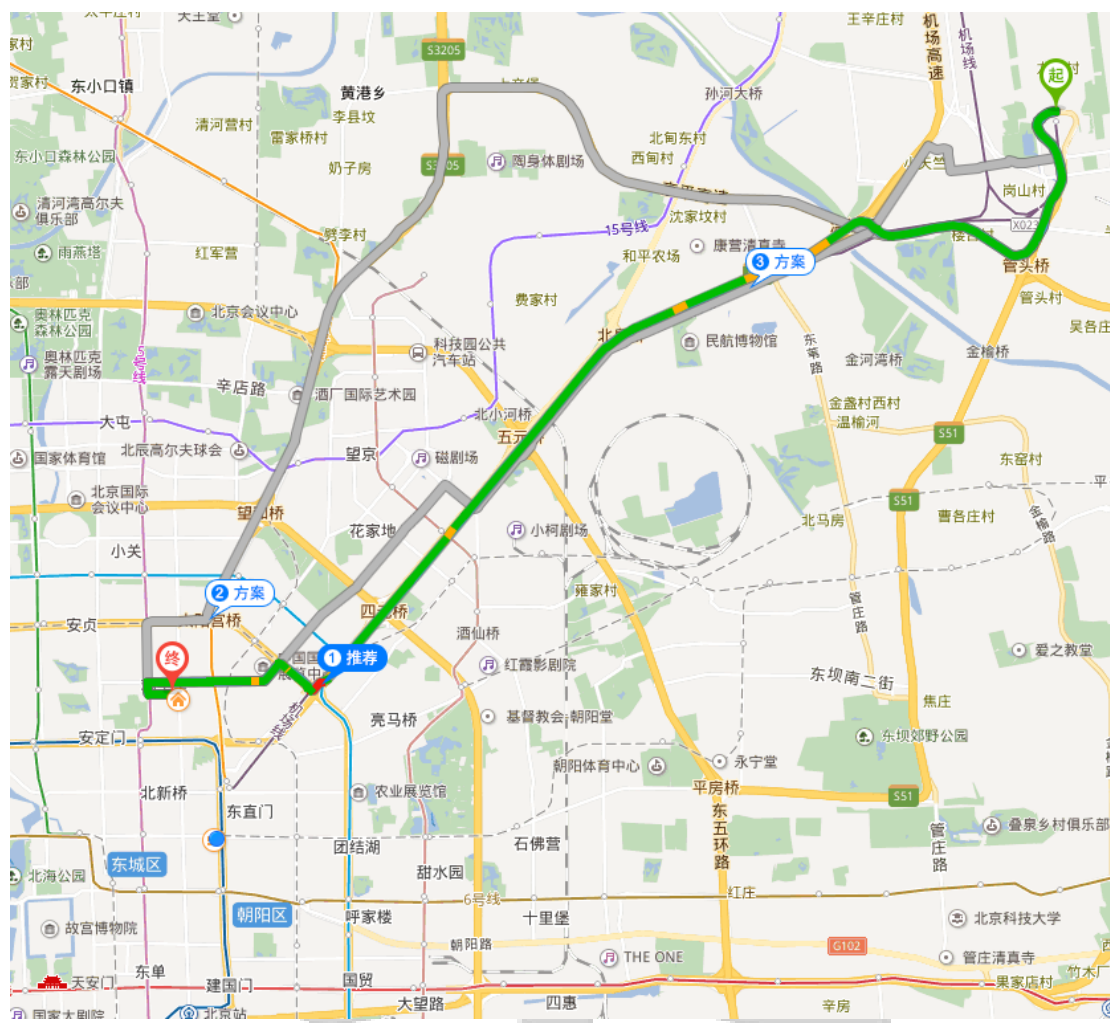
The Master Seminar will take place at:

Hepingli Region – Exact location will be announced soon

About 24KM from Beijing International Airport
Near Hepingli Bei Jie Station of Subway line 5



Map:



INTERNATIONAL TAEKWON-DO FEDERATION

Transportation from Airport to the place around the venue:

You can take Airport Metro to Dongzhimen Station and then transfer to Subway Line 2, and transfer to Line 5 at YongHeGong Station, then get off at HePingLi Bei Jie Station, the venue is very close to the Exit C of HePingLi Bei Jie Station. The Airport Metro is available from 06:00am to 23:10pm. The ticket will cost RMB 25 Yuan. (About 3 Euros)

If you arrive at the airport between 23:10pm to 06:00am, the Airport Metro will not be available; you may need to take a taxi, which will take about RMB 120 Yuan (about 20 Euros) to the place around the venue.

Local Transportation:

The Venue is located very close to the HePingLi Bei Jie Station of Subway Line 5. You can take subway and get off at HePingLi Bei Jie Station. The place is located

about 300M to the Exit C of the station.

Accommodation:

Below are some recommendations for your accommodation with difference prices, all those hotels are located within 1km from the venue. You can book all below hotels at website www.booking.com. Just enter the hotel name on the website, you will see all information regards to the Hotel and you can make you booking on the website as well.

1. Beijing Hepingli Hotel (Xinghua Road): 3 Star hotel, 1 KM away from the Venues, start from 64 Euro/ Room (Max 2 people/ Room)
2. Beijing Hepingli Hotel (North Hepingli Street): 3 Star hotel, 0.3 KM away from the Venues, start from 77 Euro/ Room (Max 2 people/ Room)
3. Beijing Longshaoheng Mansion: 3 Star Hotel, 0.8 KM away from the from the Venues, start from 64 Euro/ Room (Max 2 people/ Room)

If you are not satisfied with above hotels, please just search hotels near “HePingLi Bei Jie Station”, the venue is just located 300 meters away from the station.

Meals during the course:

It will be possible to have lunch at local restaurants and cafes. And it also will be available by pre-order at the venue. For non-vegetarians, vegetarians and vegans there will be a pre-ordered menu.



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Master Seminar Schedule

Master Seminar Schedule			
	28 th April	29 th April	30 th April
0900-0930	Check in		
0930-1000		Opening For Day 1	Opening For Day 2
1000-1030		Day 1 Session 1	Day 2 Session 1
1030-1100			
1100-1130			
1130-1200			
1200-1300			
1300-1400			
1400-1430		Day 1 Session 2	Day 2 Session 2
1430-1500			
1500-1530			
1530-1600			
1600-1630			
1630-1700			
1700-1730			
1730-1800	ITF Taekwon-do China Union Promotion Test		
1800-1830	ITF Taekwon-do China Union Meeting	Group Dinner	
1830-1900			
1900-1930			
1930-2000			

Day 1 Topics:	Day 2 Topics:
<p>Warm up and stretching:</p> <ul style="list-style-type: none"> a) Warm up method before stretching b) Different Stretching method for Improve Kicking (Both in Dojang and at home training) <p>Kicking in Patterns</p> <ul style="list-style-type: none"> a) Training method (Control, Stability and Balance) b) Height of different kicks <p>Physical training for better Kicks(Basic)</p> <ul style="list-style-type: none"> a) Muscle training b) Other tips for better kicks 	<p>Kicking in Sparring</p> <ul style="list-style-type: none"> a) Training method (Speed and Power) b) Kicking in motion c) Counter Kicks d) Working in pairs for Kick Training <p>Kicking for special Techniques:</p> <ul style="list-style-type: none"> a) High Kicks b) Flying Kicks c) Tip for Competitions <p>Physical training for better Kicks(Advance)</p> <ul style="list-style-type: none"> c) Muscle training d) Other tips for better kicks

TEST FOR DEGREE PROMOTIONS (Up to 4th Dan)

Participants wishing to test for promotion must:

Send the application form through the National/Allied Association at least one (1) month before the promotion date to the ITF Administration HQ.

Bring 5 wooden boards measured 30x30x2 cm. (We will have boards for purchase, if needed)

Pay their ITF degree certificate and grading fee one hour prior to the grading.

Test for degree promotion will be on the First day of the course.

The result of the test will be announced after the degree promotion.

No spectators are allowed during the degree promotion.

His/Her Instructor may accompany the candidate.

Entry fees

Early bird Seminar Fee (Before March 1, 2017)		
Topics	Euro	RMB
1 Topic (Day 1 or Day 2)	125	1000
2 Topic (Both Days)	185	1500

Regular Seminar Fee (Before April 1, 2017)		
Topics	Euro	RMB
1 Topic (Day 1 or Day 2)	150	1200
2 Topic (Both Days)	225	1800

INTERNATIONAL TAEKWON-DO FEDERATION

Dinner

On Monday evening we will have a dinner for everyone to enjoy the company of the Master Suska and Taekwon-do Friends.

We have a limited number of seats for the dinner. To ensure that you come and enjoy an evening with Master Suska, we ask that you send in your dinner request by March 1, 2017. Dinner requests received after March 1st will be subject to Seats availability and will charge a surplus.

- Place: To be confirmed
- Date: Monday, April 30th, 2017
- Time: 6:00 pm.
- Price:
 - Payment before March 1, 2017: 25.00 Euro or 200 RMB
 - Payment before May 1, 2017: 35.00 Euro or 300 RMB
- Participation: Mandatory

For participants from outside China please use the following information:

Intermediary Bank: Deutsche Bank AG, Frankfurt

SWIFT Code: DEUTDEFF

*Beneficiary's Bank: China Merchants Bank, H.O., CMB TOWER, 7088 SHENNAN BOULEVARD, Shenzhen, China

SWIFT Code: CMBCCNBS

*Beneficiary's name: DU JIN

*Beneficiary's A/C No.: 6226 0901 0942 2721

Contact

Email: Admin@tkd-itf.cn



Welcome to Beijing, China

Some brief introduction about famous attractions in Beijing:



Forbidden City:

The world's largest palace complex, the Forbidden City covers 720,000 sq m (861,113 sq yd). It is one of *the* must-see sights in Beijing.



Great Wall:

Badaling is the most visited section of the Great Wall. It is constructed during the Ming Dynasty.



Temple of Heaven:

The Temple of Heaven is completed in 1420. It was the most sacred space in which the emperor performed the most important sacrifices and rites.



Summer Palace:

Summer Palace is China's largest, most complete preservation of the imperial garden