



International Seminar - Sparring & Patterns
March 16-17 2019, Fribourg, Switzerland

Dear Masters, Instructors and Students,

I am very pleased to invite you to the international sparring and patterns seminar held in Switzerland on March 16-17, 2019.

This seminar is open to ITF Taekwon-Do members of 13 years old and above, 6 Gup and above.

This is a unique opportunity to train with two famous champions in ITF Taekwon-Do: Master Tomaz Barada, multiple World and European champion in ITF sparring, and Mr. Lilian Doulay, multiple World Cup and European champion in ITF patterns.

You shall find below all the detailed information regarding the event.

I am looking forward to welcoming you to Switzerland for such a special event.

Kind Regards,

Mr. Sebastien Lesueur
Chief Instructor - 6th dan ITF
Ecole de Taekwon-Do Fribourg
+41 76 231 0378

1. Description

This two day-seminar is for ITF Taekwon-Do and Kickboxing people who want to improve their skills in sparring and/or patterns.



Master Tomaz Barada (Slovenia, 7th dan ITF) is 3 x ITF World Champion, 6 x ITF European Champion, and 3 x King of Taekwon-Do, in sparring.



Mr. Lyliau Doulay (France, 6th dan ITF) is 3 x ITF World Cup Champion, 4 x ITF European Champion, and Vice World Champion, in patterns.

2. Agenda

Participants can choose from two different options: 1) Patterns & Sparring or 2) Sparring only.

Saturday

9:00 – 11:00	Patterns seminar L. Doulay
11:00 – 11:15	Break
11:15 – 12:30	Sparring seminar T. Barada
12:30 – 14:00	Lunch break
14:00 – 16:30	Sparring seminar T. Barada
16:30 – 17:00	Questions & Answers T. Barada & L. Doulay

Sunday

9:30 – 11:30	Patterns seminar L. Doulay	Sparring seminar T. Barada
11:30 – 11:45	Break	
11:45 – 12:45	Sparring seminar T. Barada	
12:45 – 14:00	Lunch break	
14:00 – 15:30	Sparring seminar T. Barada	
15:30 – 16:00	Photo session	

3. Venue

Training will take place at:

Salle Omnisports de Marly Grand-Pré, Route des écoles 26, 1723 Marly (CH).

From any Swiss international airports you can easily reach Fribourg by train:

Geneva: 1h30, direct – Zurich: 1h40, direct – Basel: 2h00.

From Fribourg train station to the venue:

Bus, line no 1, 7 minute-ride, “Grand Pré” Stop.

Please arrive at least 20 minutes before so we start on time.

Upon arrival, on Saturday morning, each club leader (or individual participant) must sign in the attendance sheet located near the main door of the seminar hall.



4. Registration

Deadline: registration form and payment must be received by February 15, 2019, at the latest.

Please send the application to tkditf.fribourg@bluewin.ch.

Entry fee: **CHF 110** (about 95 €)

Payment to be wired **in CHF** to:

Ecole de Taekwon-Do Fribourg

Route du Chatelard 11 – 1686 Grangettes-Romont

IBAN CH43 0076 8300 1207 3480 1

SWIFT BEFRCH22

All fees charged to the originator.

⇒ Please mention the name of club/school + country in the comments.

5. Accommodation

Please find below some suggestions for accommodation. Prices are mentioned *per night, per room*.

City Tax of CHF 3.10 per person/per day *is not included*.

Please mention: **“Taekwon-Do Seminar”** to get this special rate when booking your room.

Grand-Pré Hotel*** (5mn walk to the venue) – www.hotel-grandpre.ch

Single room: CHF 75.-

Twin room: CHF 95.-

Triple room: CHF 125.-

Breakfast buffet (not included): CHF 10.-

NH Hotel Fribourg**** (10mn bus ride to the venue) – www.nh-hotels.com

Single room CHF 128.40.-

Double room: CHF 171.30.-

Triple room: CHF 261.90.-

Breakfast buffet included.

Au Parc Hotel Fribourg**** (25mn bus ride to the venue) – www.auparc-hotel.ch

Twin room: CHF 160.-

Triple room: CHF 180.-

Breakfast (not included): CHF 15.-

Ibis Hotel Fribourg** (25mn bus ride to the venue) - www.accorhotels.com/fr/hotel-5324-ibis-fribourg/index.shtml

Single room CHF 115.-

Twin/Double room: CHF 131.-

Triple room: CHF 167.-

Breakfast included.

6. Lunch

Some sandwiches, snacks and drinks will be proposed on site at lunch time.

Shops and restaurants are also accessible near the venue (some places might be closed on Sunday).

Should you have any queries, please do not hesitate to contact me by email at tkditf.fribourg@bluewin.ch or you can also reach me by phone at +41 76 231 0378.