

RYBNICKIE CENTRUM SPORTÓW WALKI „TAEKWON-DO FIGHTER – TKM”

Szybowcowa 15E

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Rybnik, 20.11.2022

Taekwon-do Sport Club RCSW Fighter has a great pleasure to invite you to the first unique Taekwon-do seminar in Poland with Grand Master Willy van de Mortel IX Dan ITF.

GM Willy Van de Mortel

- began training in 1976 and is a fulltime Taekwon-Do instructor and coach
 - 16 times Dutch champion
 - member of National Team from 1983 – 1991
 - won 146 medals
 - coach from National team from Netherlands , Italy, Slovenia and New Zeland
- current the national coach for Norway for over 5 years
- trainer of top fighter: Tomaz Barada, Bianka Tapilatu, Julia Cross, Carl van Roon, Magomed Naurdinov
 - member of technical committee A.E.T.F.
 - technical director of ITF Netherlands
- organizer open tournament in the Netherlands for 15 years called the “Open Dutch”



Date:

7-8.01.2023

Place:

Sport Hall MOSiR Boguszowice, Jastrzębska Street, Rybnik, Poland

Seminar program:

- sports fighting (combinations, tactic of sports combat, kicks on shields)
 - patterns
- self-defence Hosin Sul (on the ground, against few opponents attack, against knife or club attack, catching, hitting, kicking)
- elements of manual and foot techniques, combined sequences of hand and foot techniques

Price:

45 Euro (1 day – Saturday), 50 Euro (2 days – Saturday and Sunday)



Seminar schedule:

Saturday 07.01.2023

9:00-10:30 Group I
10:30-12:30 Group II
12:30-14:00 Break
14:00-14:30 Photo session
14:30-16:00 Group I
16:00-18:00 Group II

Sunday 08.01.2023

9:00-10:30 Group I
10:30-12:30 Group II

Conditions of participation:

1. Seminar for Taekwon-do students: black belts and colour belts from 8 Gup.
2. Personal application with completed and signed application form with the GDPR clause should be sent by e-mail: lukubiak@o2.pl until December 15th.
3. A fee in the amount of 45 Euro (1 day – Saturday only) or 50 Euro (2 days – Saturday and Sunday) must be paid by December 20th on bank account:
Bank Pekao SA Nr konta: 94 1240 4357 1111 0010 6134 1460.
4. The fee is non-refundable, except when the resigning participant will enrol another person (meeting the seminar requirements) within the required time.
5. If the event is cancelled, the organizer will refund the payments made.
6. The organizer doesn't insure the seminar's participants against any accidents and doesn't organize the accommodation.
7. Outfit and equipment requirements: dobok, protectors (mouthguard, tibia protector, feet protector), gloves (optional head protector).
8. The organizer reserves the right to change the plan and program of the seminar.

**We invite you to come to Rybnik
Łukasz Kubiak VI Dan ITF
RCSW Fighter Rybnik, Poland**

