



FEDERAȚIA ROMÂNĂ DE TAEKWON-DO I.T.F.

PERSOANĂ JURIDICĂ DE DREPT PRIVAT, DE UTILITATE PUBLICĂ

Adresa Loc. Călan, str. Bradului, bl. 15, sc. A, ap. 12, jud. Hunedoara
Cod Fiscal 13295884
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Our ref: 48 / 16.02.2022

To: All ITF / AETF National Associations

Subject: International Instructors Course in Cluj-Napoca (Romania), July 2022

Dear Grand Masters, Masters, Instructors, and students,

Romanian Taekwon-Do ITF Federation has the honor to invite you to the International Instructors Course (IIC) in Cluj-Napoca, Romania. The IIC will be held from Friday 8th to Sunday 10th of July 2022.

The event is open to all ITF members from 1st degree to 9th degree.

The Organizing Committee is working hard to make the aforementioned IIC a top-level event. The goal is that all our guests shall leave Romania with lots of satisfaction, nice impressions and unforgettable memories after closing the event.

On behalf of the Organizing Committee and Romanian Taekwon-Do ITF Federation we heartwarmingly welcome you in Cluj-Napoca.

Yours in Taekwon-do,



Cosmin Oprescu, 4th Degree
President

of Romanian Taekwon-do ITF Federation



Master Alexandru Mureșan, 7th Degree
Technical Director

of Romanian Taekwon-do ITF Federation



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The seminar will be conducted by the ITF Technical Committee

Grand Master Hector Marano (9th Degree - Argentina), Chairperson of the ITF Technical & Instruction Committee

Grand Master Lan Kim Ung (9th Degree - Germany), ITF Technical & Instruction Committee member

Master Jerzy Jedut (8th Degree – Poland), ITF Technical & Instruction Committee member

Master Leo Oros Duek (7th Degree – Israel), President of All Europe Taekwon-do Federation and Chairperson of ITF Inclusion Committee.

How to get to Cluj-Napoca

- By plane: <https://airportcluj.ro>
- By car: <https://www.google.ro/maps/place/Cluj-Napoca/>

Place of the event

The venue will be at **Horia Demian Sport hall**, Strada Splaiul Independenței 6, Cluj-Napoca.

(Google Maps link: <https://goo.gl/maps/SbT5bEpE2VSsVzT9A>)

Horia Demian Sports Hall, part of the city's Splaiul Independenței sports complex, is a multi-use arena in Cluj-Napoca. It is used as home ground of the both men's and women's handball and basketball teams of "CS Universitatea Cluj-Napoca". It holds 2,525 seats.

Accommodation

Hotel Napoca 4*

<https://hotelnapoca.ro/>

320 Ron / single / night (1 € = approx. 5 Ron)

370 Ron / double / night

440 Ron / triple / night

*Breakfast and all taxes included



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Hotel Belvedere 3*

<https://www.unita-turism.ro/m/hotel/cluj-napoca/belvedere.html>

240 Ron / single / night (1 € = approx. 5 Ron)

265 Ron / double / night

*Breakfast and all taxes included

Hotel Univers T 3*

<https://univers-t.ro/>

230 Ron / single / night (1 € = approx. 5 Ron)

280 Ron / double / night

*Breakfast and all taxes included

Important notes:

- To book your accommodation, please send an email to iic@taekwondo-itf.ro.
- Accommodation booking is open starting from March, 1st, 2022.
- The prices are valid only for the IIC period and the number of places is limited.

Time Schedule

Friday 8th of July 2022

From 11:00 to 13:00 hrs.	Accreditation
From 14:00 to 18:00 hrs.	IIC Seminar (part 1)

Saturday 9th of July 2022

From 9:00-13:00 hrs.	IIC Seminar (part 2)
From 13:00 to 14:00 hrs.	Lunch
From 14:00-17:00 hrs.	IAC Seminar (part 3)
From 20:00 hrs.	Evening Banquet

Sunday 10th of July 2022

From 08:00	Promotion examination test
From 09:00 to 13:00 hrs.	IIC Seminar (part 4)
From 13:00 to 14:00 hrs.	Closing of IIC / Group pictures



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Registration process

Step 1) Registration on the ITF online Database:

Before you make your registration with the Organizing Committee, please ensure that you first register your attendance on the ITF database (ITF Online). This can be done through you NA/AA.

Step 2) Registration with Romanian Taekwon-do ITF Federation:

For the registration with the Organizing Committee, please use the attached Excel application form and send it to iic@taekwondo-itf.ro.

Step 3) Payment Fees, Bank Account details and Deadline

The deadline for sending applications to the IIC is **June 10th, 2022**.

The Total Amount for the ITF Participation fee, the IIC Organization Fee and Banquet Fee (optional) must be paid by bank transfer until **Friday June, 17th**, to the following Bank account:

Bank: Banca Comerciala Romana
BIC / Swift: RNCBROBUXXX
Beneficiary: Federatia Romana de Taekwon-do ITF, Strada Bradului, Bl. 15, Sc. A, Ap. 12, Calan, Jud. Hunedoara, Romania
IBAN Number (EUR): RO91 RNCB 0106 0266 0838 0002

You are required to use your club / school name or instructor / head of delegation name in the payment so that we can track it.

In case of groups, please make a single payment for the full group / school / club.

You are also kindly invited to send by email the payment confirmation at iic@taekwondo-itf.ro.

Course content

The ITF International Instructors Course will include the following program and/or qualifications:

1. Patterns from Chon-Ji up to Tong-Il
2. Step sparring
3. Self defense
4. ITF International Instructors Qualification (4th Degree and up)
5. International Adapted Course.



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Grading up to 8th Degree (permission from NGB and ITF is needed)

IIC Seminar Fee

1st to 3rd degree: € 120

4th to 6th degree: € 150

7th to 8th degree: € 75

9th degree, ITF Board Members, Chairpersons of ITF Committees: € 0.

ORGANISING COSTS

1st to 8th degree: € 60.00

9th degree, ITF Board Members, Chairpersons of ITF Committees: € 0.

Banquet

The organization has prepared a dinner for Saturday at 8:00 p.m., its attendance is optional and it costs EUR 40.00 excl. the beverages. Please confirm your attendance in the registration form.

The dinner includes 3 course meal and is a great opportunity to socialize with Grand Masters, Masters and Taekwon-do friends. Dress code for the banquet is smart casual.

The location of the banquet will be communicated to the IIC participants in advance.

TEST FOR DEGREE PROMOTION

Participants wishing to test for a 4th to 8th degree promotion must:

- send the thesis, curriculum and application form through the National / Allied Association at least three (3) months before the promotion date to the ITF HQ with a copy to the Chairperson of the ITF Technical Committee.
- pay the examiner grading fee cash one hour prior to the grading.
- Express your intention to grade also to the IIC organizers by sending an email to iic@taekwondo-itf.ro.
- bring 5 wooden boards measured 30 x 30 x 2 cm (only up to 6th degree).
- 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 instructor.



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Important Rules

IIC OPENING PROCEDURE

- participants line up in order to welcome and receive the instructors.
- welcome word by the OC
- introduction of the IIC Instructors by OC
- introduction of the IIC Instructors by OC
- introduction of special guest(s) if present
- welcome word by the IIC Chairman
- start of the IIC

TRAINING PROCEDURE

The OC informs the participants about the following before Opening Procedure:

- participants must wear a clean and ironed official ITF Dobok at all time.
- before each new session participants line up in order to welcome the instructors.
- after each session participants remain until the instructors leave the venue.
- participants must act according to the official ITF protocol.
- participants standing at ease must assume ready stance with their hands behind the back at all times.
- participants sitting at ease must cross their legs at all times.
- participants allowed to ask questions shall stand up at all times and assume ready stance with their hands behind the back.
- participants before asking a question shall first announce their name and country.
- transportation (if necessary) ready for the committee right away after the session.

CLOSING PROCEDURE (right after the last training session)

- questionnaire given to the participants (15 minutes)
- closing ceremony by the OC.
- closing of the IIC by the Chairman
- group photo session
- individual photo session with the instructors organized by the OC will take place after the last IIC training session
- signatures to be given by Instructors at the table - those interested to make one line.
- the OC accompanies the instructors out of the venue.