



# POLISH TAEKWON-DO ASSOCIATION

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Our ref. 121.2023

Lublin, Poland, July 27<sup>th</sup>, 2022

To: **ITF MEMBERS**

Subject: **9<sup>th</sup> International Do Course, 22 – 24 September 2023, Spała, Poland.**

Dear Grand Masters, Masters, Instructors, and Taekwon-Do Practitioners!

The Polish Taekwon-Do Association would like to inform that it is going to host the **9<sup>th</sup> International Do Course (IDC)** to be held in Spała, Poland.

## 1. Date and venue

The IDC will be held from the 22<sup>nd</sup> to the 24<sup>th</sup> of September 2023 at the Olympic Preparation Center, Al. Prezydenta Mościckiego 6, Inowódz

<https://goo.gl/maps/CByogXsSHFVRcygQ6>

## 2. Accommodation

The Polish Taekwon-Do Association provides accommodation at Olympic Preparation Center, Al. Prezydenta Mościckiego 6, Inowódz.

The cost in double room is **55 € per person per day.**

*\* The price for accommodation includes breakfast, lunch and dinner.*

Due to the limited number of places in single rooms, if you are interested in such a room, please contact the organizing committee.

Booking of accommodation must be made by one person in charge from each team/club/country and ONLY through the Polish Taekwon-Do Association.

## Booking process:

### Step 1

Fill in and send the form "Hotel Booking Application Form" **on or before the 14<sup>th</sup> of September 2023.** After this date, we cannot guarantee places in the hotel.

Send the form via e-mail to: [mloboda@pztkd.lublin.pl](mailto:mloboda@pztkd.lublin.pl)

The organizers will check your booking and send you an invoice of the total amount for each person listed in the form.

Please note that the booking will not be confirmed until the requested amount has been registered in the organizer's account and that the fee for electronically wiring money from your bank account is to be paid by you. If the Organizing Committee is charged for receiving funds from you, then, you will need to pay this back on arrival.

Payment for accommodation should be sent to the following account:

**Incumbent:** Polski Związek Taekwon-Do

**Incumbent address:** 5/B Milenijna, 20-884 Lublin, Poland

**Bank:** BPS SA. o/ Lublin **Bank address:** 4 Karłowicza, 20-027 Lublin, Poland

**Account:** PL 58 1930 1695 2500 0505 0589 0009

**SWIFT:** POLU PL PR

## Step 2

After the amount has been accounted, your booking will be officially accepted. This will be confirmed to the responsible person of each delegation.

## Step 3

Whole amount for accommodation must be paid **on or before the 14<sup>th</sup> of September 2023** or, after agreement with the organizer, by cash upon arrival.

### 3. Program schedule:

#### Friday - 22 September 2023

Arrival: Before 15.00

Information regarding meeting point will be available in reception.

17.00 – 20.00 DO course (IDC)

#### Saturday - 23 September 2023:

10.00 – 13.00 DO course (IDC)

16.00 – 19.00 DO course (IDC)

#### Sunday - 24 September 2023:

09.30 – 12.40 DO course (IDC)

Please note that the schedule of the course may slightly change.

### 4. IDC Instructors

The course will be conducted by:

- **Master Janel Gauthier, Prof. Dr.**, 7<sup>th</sup> Degree, Chairman of the Do and Ethics Committee;
- **Master Joliette Trân**, 7<sup>th</sup> Degree, Member of the Do and Ethics Committee;
- **Master Andreu Martínez**, 7<sup>th</sup> Degree, Member of the Do and Ethics Committee.

### 5. What will be the language of instructions during the course?

The course will be conducted in English with translation into Polish.

Course materials will be available in English and Polish.

### 6. What does the course cover?

During the course, you will be taken on a journey to explore what it means to be truly a man or a woman of Taekwon-Do (TKD), as defined by General Choi, and how one becomes truly a man or a woman of Taekwon-Do. You will be provided with opportunities through various exercises (including Taekwon-Do exercises) to learn about

the Do, experience the Do, reflect on the Do, and become more able and at ease in teaching the Do in your Taekwon-Do classes.

Topics for Day 1, Day 2, and Day 3 will be as follows:

**Day 1:** Moral culture and TKD; Origin and meaning of the word “DO”; the Tenets of TKD; Student’s Oath; Connecting Do to moral culture, tenets, student’s oath, and goal of TKD; Psychology of human behaviour; Self-control (what it is and why it matters; how to develop better self-control; how to teach self-control to TKD students; applications in dojang and daily life).

**Day 2 – Part 1:** Perseverance (what it is and why it matters; how to develop and strengthen perseverance; how to teach perseverance to TKD students; applications in dojang and daily life); Motivation and the power of feedback (how to provide effective feedback); Motivation and the power of goal-setting (how to set effective goals in TKD and life); Motivation and the power of success (how to build self-confidence).

**Day 2 – Part 2:** Integrity (what it is and why it matters; how to develop and maintain integrity; how to teach integrity to TKD students; applications in dojang and daily life); Ethical/moral decision making (how to resolve moral dilemmas / conflicts between tenets of TKD); Indomitable spirit (what it is and why it matters; how to develop an indomitable spirit; how to teach indomitable spirit to TKD students; applications in dojang and daily life); Courtesy (what it is and why it matters; how to become more courteous; how to teach courtesy to TKD students; applications in dojang and daily life).

**Day 3:** Integration of Do teaching into regular TKD classes (general guideline and tips to get into motion, build self-confidence and get better at integrating teaching of Do in teaching of Taekwon-Do) – Participants will be given the opportunity to share experiences and practice.

## **7. Who is the International Do Course for:**

The IDC is for all Taekwon-Do practitioners who are interested in studying the Do and developing a way of life based on the moral culture of Taekwon-Do, as well as for all Taekwon-Do instructors and assistant instructors interested in learning how to teach the Do and integrate the teaching of the Do in the teaching of Taekwon-Do.

It does not matter if you are an experienced or less experienced Taekwon-Do practitioner or instructor. The course will provide you with a great learning experience that will increase your knowledge and understanding of the Do and the moral culture of Taekwon-Do.

### Important

Please note that, according to Article 7.1.1 of the ITF By-laws, the International Do Course is mandatory for promotion to 7<sup>th</sup>, 8<sup>th</sup>, and 9<sup>th</sup> degree black belts.

## **8. Course Registration Fees**

Fees for course registration, according to the ITF By-Laws, are:

1 <sup>st</sup> to 8 <sup>th</sup> degree:	<b>€ 120 plus € 45 (inscription fee)</b>
9 <sup>th</sup> degree:	<b>free of charge plus € 45 (inscription fee)</b>

Payment of course registration fee should be sent to the following account:

**Incumbent:** Polski Związek Taekwon-Do

**Incumbent address:** 5/B Milenijna, 20-884 Lublin, Poland

**Bank:** BPS SA. o/ Lublin **Bank address:** 4 Karłowicza, 20-027 Lublin, Poland

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## 9. Visa

Countries who need VISA for entering Poland should inform the organizer by sending an email to [info@pztkd.lublin.pl](mailto:info@pztkd.lublin.pl) by **1<sup>st</sup> September 2023** in order to prepare the official invitation. Please note that you will need to provide the following details about the persons traveling: name and surname, date of birth, passport number and expiration date – passports must be valid for at least six months before entering Poland.

## 10. Arrival to Spała:

I. The closest airports

**WARSAW CHOPIN AIRPORT** – about 127 km to Spała by car

<https://www.lotnisko-chopina.pl/en/index.html>

**RADOM AIRPORT** – about 85 km to Spała by car

<https://www.lotniskowarszawa-radom.pl/>

**LODZ AIRPORT** - about 88 km to Spała by car

<https://www.lodz-airport.pl/>

II. Arrival by bus.

III. Rent a car.

IV. Arrange transport through the Organizing Committee.

Please contact us at [info@pztkd.lublin.pl](mailto:info@pztkd.lublin.pl)

## 11. Other matters

### **IMPORTANT:**

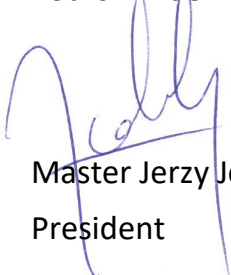
The registration of all participants must be done also through the ITF online system:

**<https://data.itftkd.sport>**. Inscription on the mentioned system can only be done via your NA or AA.

Please note that the total amount due for course registration and ITF online inscription must be paid before your arrival.

We look forward to see you in Lublin, Poland.

Yours in Taekwon-do,



Master Jerzy Jedut

President



# TAEKWON- DO



International DO Course  
**22-24 September 2023**

Olympic Preparation Center, Spała, Poland



Master  
**Janel Gauthier**  
Prof. Dr.  
Chairman of ITF  
Do & Ethics  
Committee



Master  
**Joliette Trân**



Master  
**Andreu Martínez**