



Seminar Lylvian Doulay

Vice World Champion
3 x World Cup Champion
4 x European Champion
4 x European Cup Champion



Kids (as of 10 years), Juniors and Adults
Saturday 16 February 2019
14-17 hs – School Jean XXIII, Hall
Concorde - Titeca 32 - 1150 Woluwe
Saint Pierre Brussels – Belgium
Registration: itfbrussels@gmail.com



Dear Grand Master, Master, Instructors, Taekwon-Do practitioners,

It is with great pleasure that we invite you to the first Seminar with Mr Lylian Doulay*, VI Degree. The seminar will take place in Woluwe Saint-Pierre (Brussels region), Belgium, on Saturday 16th February 2019.

Mr Doulay has extensive experience, both as a competitor and as instructor being specialized in patterns. As a competitor Mr Doulay has represented France in many top international competitions. These are some of his major achievements:

- Vice World Champion
- 3 times World Cup Champion
- 4 times European Champion
- 4 times European Cup Champion

The seminar will be based on fundamental movements, specific conditioning exercises to improve patterns, and the ITF patterns system in general. At the end, there will be a time slot for questions and answers.

Do not miss this unique opportunity to train with a Multi Champion and take part of a training with French taste!

Yours in Taekwon-Do,

Sabum Virginia Dionisi
VI Degree

Bo Sabum Gonzalo Escribano
II Degree

Bo Sabum Daniel Kampff
II Degree

*This event is organized by ITF Brussels asbl, member of ITF-VL

Seminar Details

Venue

School Jean XXIII (Hall Concorde), located at Rue Titeca 32, 1150 Woluwe-Saint-Pierre (Brussels region), Belgium, which is easily reachable by car from the highway and by public transport.

If you come by car, you can park in the free parking area of the school, located at Boulevard de la Woluwe 22, 1150. From there you can access the hall by foot (just follow the signs with the name of the Hall Concorde)

Program

12:30 – 13:00 Registration

13:00 – 13:15 Introduction and Group Photo

13:15 – 16:45 Seminar for kids (as of 10 years), juniors and adults of all grades

16:45 – 17:00 Questions and Answers

End of seminar

Registration, Contact, Fees and Insurance

The seminar is for kids (as of 10 years), juniors and adults of all grades and ages.

For administrative reasons we cannot accept individual applications from students. Registration and payment must be done through your instructor only, or as a group to the following address:

ITF Brussels: itfbrussels@gmail.com

Payments must be made in advance by bank transfer to the ITF Brussels a.s.b.l. account:

Bank: BNP Paribas Fortis
IBAN: BE71001676807169
BIC: GEBABEBB

Please mention in the subject the name of your school/organization. Your instructor or the responsible person for the group will receive confirmation by email when the seminar fees are received in the ITF Brussels account.

Fees:

- Juniors (as of 13 years) and adults: 20 €
- Kids (10 – 12 years): 5 €

Participants must be in possession of valid sport insurance.

Accommodation

The organizers are not responsible for any accommodation bookings. If you would like to stay in Brussels you can find hotels and hostels not far from the sport hall, which is easily reachable by tram, metro, bus or car.