



All Russia Taekwon-Do Federation  
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# INTERNATIONAL INSTRUCTOR COURSE

# RUSSIA SOCHI

JUNE 3-5 | 2019

ALL RUSSIAN TAEKWON-DO FEDERATION

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UNG KIM LAN

GRAND MASTER  
HECTOR MARANO

MASTER  
PAUL MCPHAIL



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To: All ITF/AETF National Associations

Subject: International Instructors Course in Sochi (Russia), June 2019

Dear Grand Masters, Masters, Instructors, Assistant Instructors and Students,  
The All Russia Taekwon-Do Federation (ARTF) has the honour to invite you to an International Instructors Course (IIC) in Sochi, Russia. The IIC will be held from Monday the 3rd to Wednesday the 5th of June, 2019. The event will take place in the Imeretinskiy Hotel.

Sochi is a city in Krasnodar Krai, Russia, located on the Black Sea. With the alpine and Nordic events held at the nearby ski resort of Rosa Khutor in Krasnaya Polyana, Sochi hosted the XXII Olympic Winter Games and XI Paralympic Winter Games in 2014, as well as the Russian Formula 1 Grand Prix from 2014 until at least 2020. It was also one of the host cities for the 2018 FIFA World Cup.

Date: 3rd, 4th and 5th of June 2019

Venue: Imeretinskiy Hotel, 354340, Russia, Sochi, Imeretinskaya lowland, Morskoi boulevard, 1

The seminar will be conducted by the ITF Technical Committee: Grand Master Hector Marano (9th Degree – Argentina), Grand Master Lan Kim Ung (9th Degree - Germany) and Master Paul McPhail (8th Degree - Australia).

On behalf of the Organising Committee and the ARTF, I hope that you will join us in Russia. We will do everything possible to turn your stay into an unforgettable experience.

Yours in Taekwon-Do

Master Lazaros Tsilfidis  
All Russia Taekwon-Do Federation President



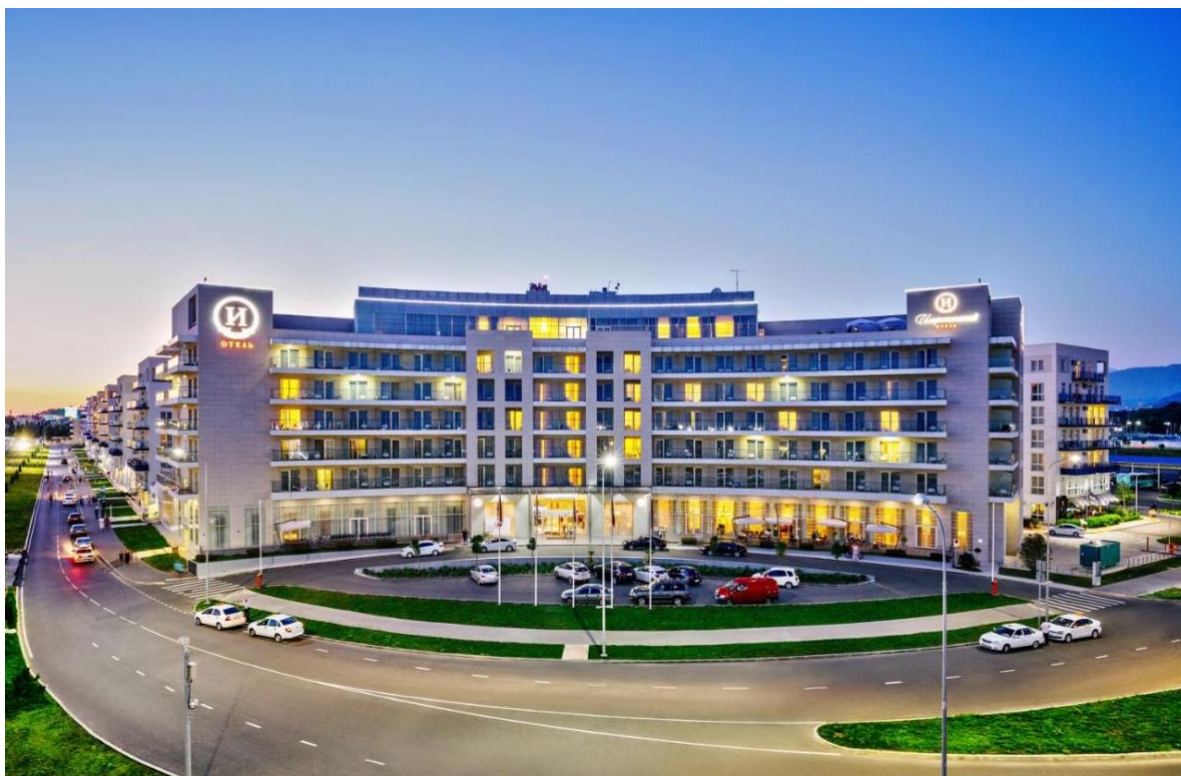
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## ИС Venue

Imeretinskiy Hotel, 354340, Russia, Sochi, Imeretinskaya lowland, Morskoi boulevard, 1

Phone: +7 962 947 08 77

Web: [https://en.im-hotel.ru/?\\_ga=2.157483251.832108324.1546805124-648424997.1543176787](https://en.im-hotel.ru/?_ga=2.157483251.832108324.1546805124-648424997.1543176787)





## **Time Schedule**

### **Monday 3<sup>rd</sup> of June 2019**

- |                       |              |
|-----------------------|--------------|
| • 10:00 h. – 13:00 h. | Registration |
| • 14:00 h. – 18:00 h. | Seminar      |

### **Tuesday 4<sup>th</sup> of June 2019**

- |                       |         |
|-----------------------|---------|
| • 09:00 h. – 13:00 h. | Seminar |
| • 13:00 h. – 15:00 h. | Lunch   |
| • 15:00 h. – 18:00 h. | Seminar |
| • 21:00 h.            | Banquet |

### **Wednesday 5<sup>th</sup> of June 2019**

- |                       |                               |
|-----------------------|-------------------------------|
| • 09:00 h. – 13:00 h. | Seminar                       |
| • 13:00 h.            | Closing of IIC/Group pictures |
| • 15:00 h. – 18:00 h. | Gradings                      |

## **Registration**

Before you confirm your registration with the Organising Committee, please ensure that you first register your attendance on the ITF database (ITF Online). This can be done through your General Secretary. Once you register on the ITF database you will be allocated a registration number (beside your name). Please ensure you include the registration number you receive from the ITF database in all communications with the Organising Committee, in particular with bank transfers.

## **Inscriptions**

The fee for participation in the ITF is paid in cash on Monday, June 3. The representative of each Association/school must pay at the reception and make sure that all members are fully registered for the course. The IIC registration fee and Banquet fee (optional) must also be paid in cash on Monday 3 June at the reception.



### **Quotes**

DEGREE	ITF PARTICIPATION FEE	IIC ORGANIZING FEE
1st - 3rd Dan	120	55
4th – 6th Dan	150	55
7th - 8th Dan	75	55
9th Dan	0	0

### **Gradings**

The following requirements must be met:

- Send the application and thesis through the National/Allied Association at least one (1) month before the promotion date to the ITF HQ.
- Express your intention to grade in the IIC registration form.
- Pay the examiner grading fee (in cash) one (1) hour prior to the grading.
- Bring 5 wooden boards measured 30x30x2 cm (only up to 6th degree).
- No spectators are allowed during the degree promotion.
- The candidate may be accompanied by his/her instructor.

### **Lunch during the IIC**

Lunch can be ordered in advance at the hotel at a cost of € 15 per person (optional).

### **Banquet**

The organization has prepared a dinner for Tuesday at 9:00 p.m., its attendance is optional and it costs € 45 per person.



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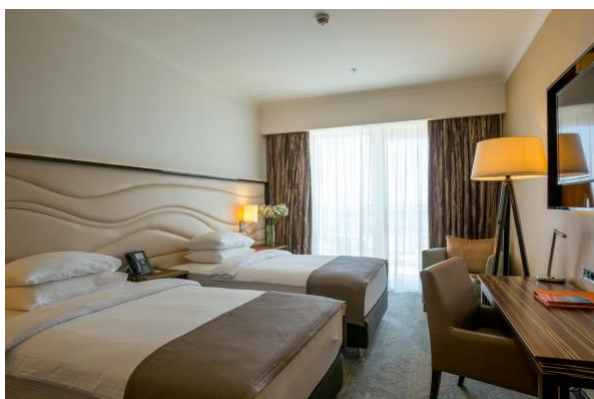
### **Accommodation**

A limited number of rooms will be available at the Sochi. Please book early to avoid disappointment. The IIC participants must book through the organizing committee and can accommodate in the following hotels.

You can make your reservations in: [iic-sochi@taekwon.pro](mailto:iic-sochi@taekwon.pro)

#### **Imeretinskiy Hotel \*\*\*\***

**354340, Russia, Sochi, Imeretinskaya lowland, Morskoi boulevard, 1**



Single room\*\*\*\*

100 € person/day

Double room\*\*\*\*

80 € person/day

Breakfast

included

Lunch

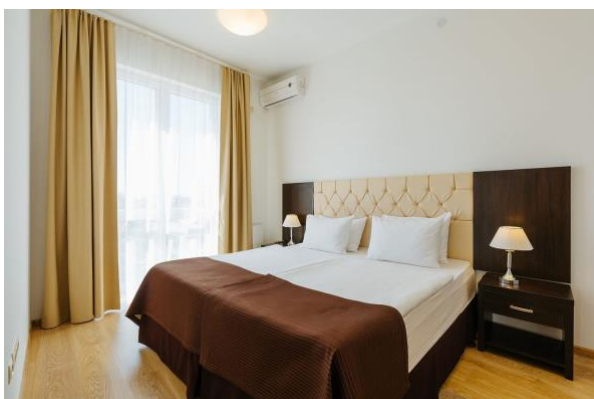
15 €

Dinner

included

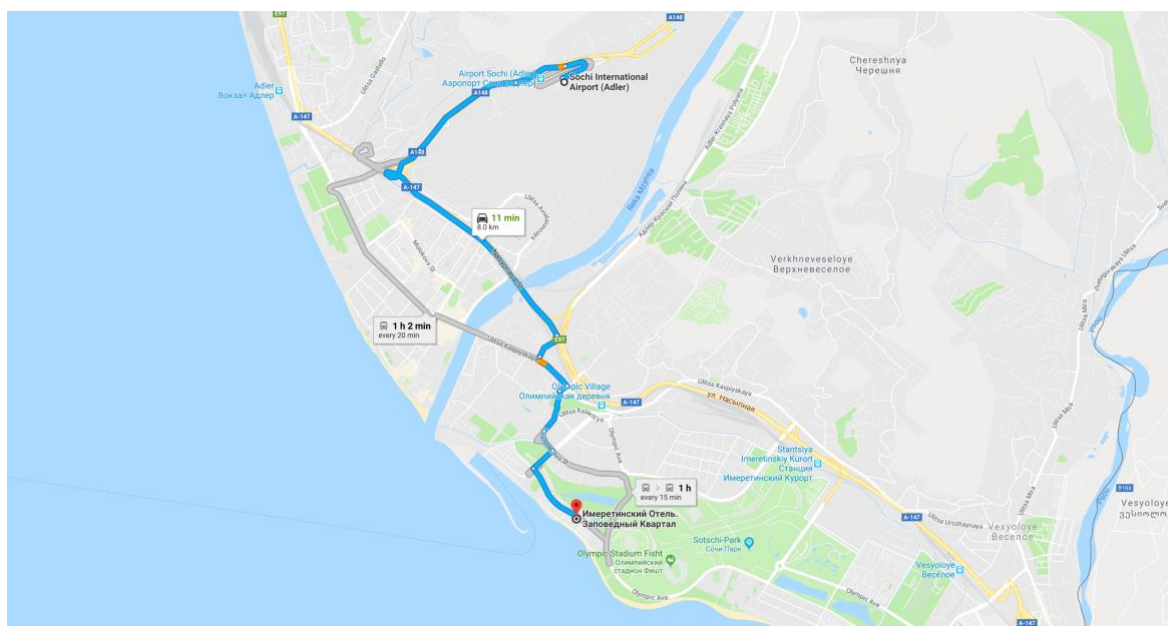
#### **Apart Hotel Imeretinsky - Pribrezhny Kvartal\*\*\***

**354340, Russia, Sochi, Imeretinskaya lowland, st. Golubaya, 1zh**





Single room***	80 € person/day
Double room***	60 € person/day
Triple room***	50 € person/day
Breakfast	included
Lanch	15 €
Dinner	included



### **Important Information about the Accommodation**

The Organization guarantees the prices indicated above for all participants in the IIC, as well as for their companions, who make their reservation through it in any of the suggested hotels before 30<sup>th</sup> April, 2019. Payment for accommodation must be paid in cash at the reception on Monday, 3<sup>rd</sup> June.



## Visiting Sochi



Sochi - is a city south-west of Russia, located on the Black Sea beach and close to caucasian mountains.

It was always a resort for russian citizens and a popular place during summertime. By the time Russia won an opportunity to perform Olympic games it also became a winter resort with 4 quality ski resorts in mountains. Than there is a Grand Prix Formula 1 stage. People say that there also gonna be golf fields and casinos, but we will see. What else? It's has the most friendly environment for people with limited mobility. Besides most text information is given in both russian and english and you can explore the city without knowledge of russian language.

Local people are mostly tourist oriented and friendly, helpful. Some even do speak english. There are no factories or other work, so everyone is working with tourists, it's the proffesion and the lifestyle here. If you come to Sochi you will meet the unexpected level of hospitality.





**Sochi Autodrom is attracting tourists from all around the world.**

Circuit in the Olympic Park – is another interesting place for lovers of speed and cool cars. Currently offers several basic services for everyone.



1. Racing taxi. You can ride in the passenger seat next to a professional driver on a roadster Mazda MX-5 and Ferrari.
2. Rent a sport car.
3. Test the track on your own car. This might be the most interesting service for fans to drive.

#### Formula Car for Rent

How the racing taxi works:

Everything is simple. You go through the Formula 1 track with a professional pilot. But first, there is a safety training, selection of the helmet. You can order the video filming or attach your camera. Then you take off from the garage and ride one or two laps. By the



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way, if you are with friends you can also try the option to “chase” each other, but we don’t have currently information on this.

Official website: <http://sochiautodrom.ru/>

### **Sochi Park attractions**

Step up to a fairy tale. What do you see? The majestic fortress, mighty warriors on colorful facades, coming out of fantasy world? Enchanted forest, full of strange creatures and an oasis of peace and tranquility in the heart of the bustling metropolis? Space Odyssey and the miracle of technological progress? All of the attractions have its own fairy tale and in the “Sochi Park” each of them becomes a reality.

Official website: <http://www.sochipark.ru/>



### **Nikola Tesla Electric Museum**

The Nikola Tesla Electric Museum is a place with exciting atmosphere of scientific and technological progress, professional guides and stuntmen ...  
All spectators become participants of the show with unique exhibits.



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We are looking forward to meeting you in Russia!

Sabumnim Maxim Lavrinenko  
Chairman Organizing Committee IIC Sochi 2019