

IRISH TAEKWON-DO ASSOCIATION



International Instructor Course, Ireland, 28th – 30th January 2011 www.taekwondo.ie

Official Invitation and Information

To: All ITF Affiliated Members and Prospective ITF members

Dear Grandmasters, Masters, Instructors, Students and Friends,

We have the honour to invite you and all ITF members 2nd Kup and above to the ITF International Instructor Course to be held in the town of Tralee, in the "Kingdom", Co. Kerry, Ireland from Friday the 28th to Sunday 30th of January 2011.

The course will be conducted by the ITF Technical Committee; Grandmaster Hector Marano IX, chairman of the ITF Technical Committee, Grandmaster Pablo Trajtenberg IX, acting ITF President and Grandmaster Willem Jacob Bos IX, ITF Secretary General.

We hope that you can join us in the beautiful Country of Ireland for this exciting event.

On behalf of the organising committee of the Irish Taekwon-Do Association,

Master Kenneth J. Wheatley
7th Degree Black Belt
President

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Details:

Instruction team:

The IIC will be conducted by the I.T.F. technical committee under the direction of **Grand Master Hector Marano** (Argentina) IX, **Grand Master Pablo Trajtenberg** (Argentina) IX and **Grand Master Willem Jacob Bos** (Italy) IX.

Open to:

Red Belts and Black Belts (2nd Kup to 9th Degree)

Seminar Fees

Seminar fee: € 180, - (course fee + inscription fee)

Masters fee: € 50, - (only inscription fee, course fee waived)

Venue:

The venue for the IIC and accommodation will be the Brandon Hotel, Conference and Leisure Centre, Tralee, Co. Kerry, www.brandonhotel.ie. This venue is located in the heart of the town of Tralee, which is one of Ireland's main tourist destinations.

The hotel conference centre has 3 floors, with the ground floor being the main training area; there are also two separate large training areas for breaking the IIC participants into smaller groups.

We have negotiated a special room and food rate package in this hotel for all participants.

All participants will have complimentary access to the hotel's leisure centre, gym, swimming pool, sauna and Jacuzzi.

Hotel Room rates

- Double/Twin/Triple room €40.00 per person sharing per night including breakfast

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- Double/Twin/Triple room €60.00 per person sharing per night including breakfast, lunch and dinner.

For single rooms there is a €15 supplement for each package i.e.;

- Single room €55.00 per night including breakfast.
- Single room €75.00 per night including breakfast, lunch and dinner.

Hotel accommodation must be booked through the organising team of the IIC following the procedure below.

If you wish to stay longer in the IIC hotel than the IIC schedule for a holiday please contact the organising team.

Booking your place on the IIC

Please send completed IIC application form (attached) to iic@taekwondo.ie by the deadline of December 12th 2010.

Booking Hotel Accommodation

To book hotel accommodation please send the completed hotel booking form (attached) to iic@taekwondo.ie by the deadline of December 12th 2010. Be sure to indicate the type of room and package you wish to avail of.

IIC registration, hotel booking and banquet confirmation should all be done together.

Banquet

On Saturday evening there will be a banquet, which is open to all participants.

Please indicate when registering for the IIC if you will be attending the banquet. The banquet fee must be paid on arrival with all other fees.

We have a limited number of seats for the banquet and it will be filled on a first come, first served basis. To ensure that you come and enjoy an evening with the Grand Masters and Masters, we ask that you send in your banquet request by December 12th 2010 along with

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hotel booking and IIC registration.

Place: Brandon Hotel

Date: Saturday, 29th January 2011

Time: 20.00hrs

Price: 20 Euro per person (not including drinks)

Official program:

Thursday 27th January

Arrival of participants.

Please note that the complete fees (course, inscription, accommodation and banquet) have to be paid to the organizing team at your arrival in the hotel. We only accept EURO currency.

3-day course

Friday 28th January

Arrival of remaining participants and payment of all fees at the registration point in Brandon Hotel.

Opening ceremony: 14.30

IIC Part I: 15.00-19.00 hrs

Saturday 29th January

09.00-12.00 hrs IIC Part II

Short lunch break

12.50 All participants lined up in training area

13.00-15.00 hrs IIC Part III

15.00-17.00 hrs promotion test for degree if requested.

20.00 hrs Banquet in the Hotel

Sunday 30th January

IIC Part IV: 09.00-12.00 hrs

Followed by:

- Questionnaire given to the participants (15 minutes)
- Closing ceremony
- Closing of the IIC by the Chairman
- Group photo session

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- Individual photo session with the Grandmasters
- Signatures to be given by IIC Grandmasters

Monday 31st January

Departure or stay for holiday.

About the local area

Home of the internationally acclaimed Rose of Tralee festival, the town of Tralee is located on the coast of Tralee Bay in the heart of Kerry. The capital of the county, it is a vibrant, bustling town packed with great theatres, pubs and restaurants.

Tralee offers visitors a wide range of tourist attractions. Experience the town's medieval past at the Geraldine Experience Museum, take in a show at the famous National Folk Theatre - Siamsa Tire, explore the recently restored Blennerville Windmill or visit the fun-filled Aqua Dome.

Just 10 miles from Kerry International Airport and close to the Ring of Kerry, The Brandon Hotel Tralee also offers visitors the perfect base for exploring Kerry and its diverse menu of scenic beauty, historical sites and world-class golf courses. Located on the Atlantic seaboard, there are miles of beautiful golden beaches and spectacular scenery just waiting to be discovered.

Currency: Euro is the national currency (At the Course only Euro is accepted!)

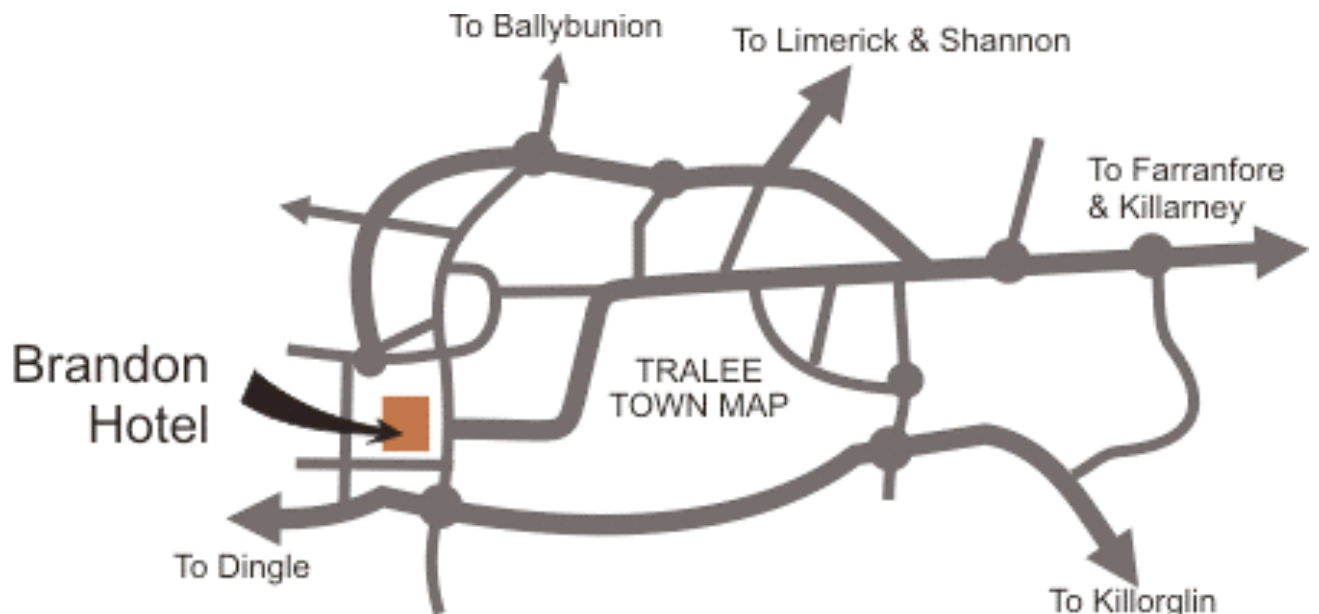
Electricity: 220V AC, at 50Hz

Time Zone: GMT

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How to get there

By Air

Daily services from London, Manchester, Liverpool, Frankfurt, Lorient and Dublin to Kerry Airport, Farrenfore.

(Tel: +353 (0) 66 9764644) www.kerryairport.ie

By Bus

Expressway services from Dublin, Limerick, Cork and Waterford.

Tralee (Tel: +353 (0) 66 7123566) www.buseireann.ie

By Road

Just 95 kilometers from Limerick City (N21) and Cork (N70). Good roads link Tralee with the ports of Rosslare on the East coast and Cork on the South coast.

Tralee to Dublin is 307 kilometers

Tralee tourist office (Tel: +353 (0) 66 7121288, Fax: +353 (0) 66 7121700)

By Train

Frequent daily services from Dublin and Cork.

(Tel: 1850 366222) www.irishrail.ie

Directions:

<http://www.brandonhotel.ie/bybus>

Other Airports

It is possible for us to arrange transport for you and your delegation from Irelands other Airports; Cork, Shannon or Dublin.

Transport from the airport on arrival and to the airport on departure date can be arranged by contacting iic@taekwondo.ie

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Flights to Kerry

London Luton
London Stansted
Frankfurt (Hahn)

www.kerryairport.com

Alicante (Spain)
Faro (Portugal)
Manchester

Dusseldorf (Weeze)
Dublin

Distance Kerry Airport to Tralee 18.35 km 0 hr 16 min

Flights to Cork

Rome (Fiumicino)
London Stansted
Barcelona
Edinburgh
Amsterdam
Dublin
Katowice
Gdansk
Poznan

www.corkairport.com

London Gatwick
London Heathrow
Wroclaw
Manchester
Liverpool
Paris (CDG)
Glasgow
Bristol
Geneva

Carcassonne
Cardiff
Plymouth
Malaga
Jersey
Warsaw
Munich
Birmingham

Distance Cork Airport to Tralee = 121.34 km 1 hr 30 min

Flights to Shannon

Edinburgh
London Stansted
London Heathrow
Malaga
London Gatwick
Liverpool

www.shannonairport.com

New York
Palma de Mallorca
Dublin
Paris Beauvais
Toronto
Boston

Nantes

Distance Shannon airport to Tralee 129.55 km 2 hr 00 min

Flights to Dublin

www.dublinairport.com

Many flights to Dublin from all parts of Europe and other Continents
309.48

Distance from Dublin Airport to Tralee = km 4 hr 00 min

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Contents of International Instructor Course for Black Belts 4th Degree and above:

- Patterns from Chon-Ji through Tong-Il, according to level
- Step, traditional and sports sparring
- Self-defence
- Applications of traditional techniques
- Philosophy
- Protocol
- Possibility of grading for up to 8th Degree Black Belt with the approval of the NA and/or AA
- Qualification for International Taekwon-Do Federation International Instructor (4th degree and higher)

Contents of International Instructor Course for Red Belts (Gup 1 & 2) and Black Belts 1st, 2nd and 3rd Degrees:

- Training secrets
- Theory of power
- Patterns from Chon-Ji through Choi-Yong, according to level
- Steps, traditional and sport sparring
- Self-defence
- Applications of traditional techniques
- Tenets of TKD and student oath
- Protocol and the meaning of the Do
- Possibility of grading for up to 3rd Degree Black Belt with approval of the NA or AA

Test for degree promotion:

Those wishing to test for promotion should send notification to the organisers when registering for the IIC as well as following the procedure below.

Participants wishing to test for degree promotion must:

- Send the application form through the National/Allied Association at least one (1) month before the promotion date to the ITF Administrative HQ.
- Bring 5 wooden boards measured 30x30x2 cm (only from 1st to 6th degree).
- Pay their ITF degree certificate and grading fee in cash one hour prior to the grading.

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- Test for degree promotion will be on the second day of the course after the 2nd training session.
- The result of the test will be announced after the last IIC training session.
- No spectators are allowed during the degree promotion.
- The candidate may be accompanied by his/her instructor.

Attention:

The IIC certificate of participation will be issued to those who complete the full course.

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