

# SOMMERFESTIVAL BRANDBU 2011

## PROGRAM

v.1.4



TRADITIONAL TAEKWONDO UNION  
전통태권도회

## Sunday / Søndag 26. juni

Time/Tid	Sports Hall 1	Sports Hall 2	Sports Hall 3	Gymsalen		Football field	
19:00 – 21:00	Dan promotion test / dangradering – 4. dan +						

# Monday / Mandag 27. juni

Time/Tid	Sports Hall 1	Sports Hall 2	Sports Hall 3	Fællesrom	Gymsalen	Football field	Køkken
08:00 – 09:00	Breakfast / Frokost – Canteen/Kantin						
09:00 – 13:00	Dan promotion test / dangradering – 1-3. dan						
13:00 – 14:00	Lunch – Canteen/Kantin						
14:15 – 14:45	Club leder / instructor meeting (In office)						
15:00 – 15:45	Intruduction/ Welcome- everybody	Intruduction/ Welcome- everybody	Intruduction/ Welcome- everybody	(Everybody in dobog)			
16:00 – 17:00	<i>Kodanja meeting In office</i>  <i>GM. Cho</i>					Fælles børne/ungdom samling	
18:00 – 19:00	Dinner / Middag – Canteen/Kantin						
19:30 – 20:30	<b>Kyreugi/kamp</b>  Open for Everybody  M. Lee Gae Haeng		<b>Poomsae</b>  Open for Everybody  M. Jensen & M. Anderstuen	<b>Koreansk Sprogkursus</b>  Open for Everybody  M. Løbak	<b>Trad. Korean dance</b>  Open for everybody  Jin Hi Gong	<b>Sim Ki Shin</b>  Open for Everybody  Korean Master instructors	<b>19:00 – 20:45</b>  <b>Speciel Korean mad/food making "Kimchi"</b>  Voksne / Adults only
21:00 – 22:00	Opening ceremony in the gym / Åpningsseremoni i gymsal (Everybody in dobog)						

## Tuesday / Tirsdag 28. juni

Time/Tid	Sports Hall 1	Sports Hall 2	Sports Hall 3	Fællesrum	Gymsalen	Football field	Køkken
06:00 – 07:00					Su Shin Everybody M. Anderstuen		
07:00 – 08:00					Sim Ki Shin 4.dan + Korean Master Instructors		
08:00 – 09:00	Breakfast / Frokost – Canteen/Kantin						
09:30 – 10:45	<b>Group 1</b> M. Lee Gae Haeng	<b>Group 2</b> M. Myhren	<b>Group 3</b> M. Anderstuen		<b>Group Barn/Junior u/15 år –Other program</b>		
10:45 – 12:00	<b>Group 4</b> M. Løbak	<b>Group 5</b> M. Damaso	<b>Group 6</b> GM. Cho		<b>Group Barn/Junior u/15 år –Other program</b>		
12:00 – 13:00	Lunch – Canteen/Kantin						
13:15 – 13:45	<b>Camp-Photo</b>	<b>Garden (Everybody in dobog)</b>					
14:00 – 15:00	<b>Kireugi/kamp</b> Open for Everybody  M. Lee Gae Haeng	<b>Trad. Korean dance</b> Open for everybody  Jin Hi Gong	<b>Sim Ki Shin</b> Open for Everybody  Korean Master instructors				
15:15 – 16:30	<b>Group 4</b>  M. Anderstuen	<b>Group 1</b>  M. Jensen	<b>Group 2</b>  M. Damaso	<b>Parents/foreldre In Sports hall</b>  M. Løhbk	<b>Group Barn/Junior u/15 år –Other program</b>		
16:30 – 17:45	<b>Group 3</b>  M. Myhren	<b>Group 6</b>  M. Damaso	<b>Group 5</b>  M. Olsen		<b>Group Barn/Junior u/15 år –Other program</b>		
18:00 – 19:00	Dinner / Middag – Canteen/Kantin						
19:30 – 20:30	<b>Kyreugi/kamp</b> Open for Everybody  M. Lee Gae Haeng	<b>Taeguk/Poomsae</b> Black belts only  M. Jensen	<b>Hosinsul</b> Open for Everybody  M. Myhren	<b>Koreansk Sprogkursus</b> Open for Everybody  M. Løbak	<b>Trad. Korean dance</b> Open for everybody  Jin Hi Gong		<b>19:00 – 21:00</b> <b>Speciel Korean mad/food making "Bulgogi"</b> Voksne / Adults only
21:00 – 22:00	TTU annual meeting / Årsmøte TTU & Yudanja / Sortbælte møde – Canteen/Kantin						

### Info (DK/NO)

Gr.1 Hvid - grøn  
Gr.2 Blå - Rød  
Gr.3 3 kup – 1 kup  
Gr.4 1 dan  
Gr.5 2 dan  
Gr.6 3 dan+ Master

Barn/Junior u/15 år -  
have other program

### Info (EN)

Gr.1 White - green  
Gr.2 Blue - Red  
Gr.3 3 kup – 1 kup  
Gr.4 1 dan  
Gr.5 2 dan  
Gr.6 3 dan+ Master

Kids/Junior u/15 year -  
have other program

## Wednesday / Onsdag 29. juni

Time/Tid	Sports Hall 1	Sports Hall 2	Sports Hall 3	Fællesrom	Gymsalen	Football field	Køkken
06:00 – 07:00					<b>Su Shin</b> Everybody M. Jensen		
07:00 – 08:00					<b>Sim Ki Shin</b> 4.dan + Korean Master instructors		
08:00 – 09:00	<b>Breakfast / Frokost – Canteen/Kantin</b>						
09:30 – 10:45	<b>Group 5</b>  M. Jensen	<b>Group 6</b>  M. Anderstuen	<b>Group 1</b>  M. Damaso	<b>Parents/foreldre In Sports Hall</b>  M. Olsen	<b>Group Barn/Junior u/15 år –Other program</b>		
10:45 – 12:00	<b>Group 4</b>  GM. Cho	<b>Group 3</b>  M. Løhbak	<b>Group 2</b>  M. Jensen		<b>Group Barn/Junior u/15 år –Other program</b>		
12:00 – 13:00	<b>Lunch – Canteen/Kantin</b>						
14:00 – 15:30	<b>Muye tournament / konkurranse</b>			<b>(Sports Hall 1+2+3)</b>			
16:00 – 17:30	<b>Martial arts demonstration / oppvisning</b>			<b>(Sports Hall 1+2+3)</b>			
18:00 – 19:30	<b>Dinner / Middag – Koreansk grilmad / Korean food</b>						
20:15 – 21:15	<b>Kyreugi/kamp</b> <i>Advanced/high level From blue belt</i>  M. Damaso	<b>Poomsae</b>  Open for Everybody  M. Jensen & M. Anderstuen	<b>TTU Pomsae</b> Voksne / Adult only  M. Olsen	<b>Koreansk Sprogkursus</b> Open for Everybody  M. Løhbak	<b>Trad. Korean dance</b> Open for everybody  Jin Hi Gong	<b>Sim Ki Shin</b> Open for Everybody  Korean Master instructors	<b>Hosinsul</b> Open for Everybody  <b>Football field</b>  M. Myhren

### Info (DK/NO)

- Gr.1 Hvid - grøn
- Gr.2 Blå - Rød
- Gr.3 3 kup – 1 kup
- Gr.4 1 dan
- Gr.5 2 dan
- Gr.6 3 dan+ Master

**Barn/Junior u/15 år -  
have other program**

### Info (EN)

- Gr.1 White - green
- Gr.2 Blue - Red
- Gr.3 3 kup – 1 kup
- Gr.4 1 dan
- Gr.5 2 dan
- Gr.6 3 dan+ Master

**Kids/Junior u/15 year -  
have other program**

# Thursday / Torsdag 30. juni

Time/Tid	Sports Hall 1	Sports Hall 2	Sports Hall 3	Garden in front	Gymsalen	Football field	Køkken
06:00 – 07:00					<b>Su Shin</b> Everybody M. Myhren		
07:00 – 08:00					<b>Sim Ki Shin</b> 4.dan + Korean Master instructors		
08:00 – 09:00	<b>Breakfast / Frokost – Canteen/Kantin</b>						
09:30 – 10:45	<b>Group 1</b>  M. Løbak	<b>Group 2</b>  M. Damaso	<b>Group 3</b>  M. Jensen	<b>Parents/foreldre In Sports Hall</b>  M. Anderstuen	<b>Group Barn/Junior u/15 år –Other program</b>		
10:45 – 12:00	<b>Group 4</b>  M. Olsen	<b>Group 5</b>  M. Myhren	<b>Group 6</b>  M. Løbak		<b>Group Barn/Junior u/15 år –Other program</b>		
12:00 – 13:00	<b>Lunch – Canteen/Kantin</b>						
13:30 – 17:30	<b>To the beach</b> <i>Everybody, with dobog &amp; swimsuit</i>  <b>Training &amp; GAMES</b>						
18:00 – 19:00	<b>Dinner / Middag – Canteen/Kantin</b>						
19:30 – 20:30	<b>Kyreugi/kamp</b> <i>Open for everybody</i>  M. Lee Gae Haeng		<b>Kodanja/Master</b>  GM. Cho	<b>Sim Ki Shin</b> Open for Everybody  Korean Master instructors	<b>Trad. Korean dance</b> Open for everybody  Jin Hi Gong		<b>19:00 – 21:00 Speciel Korean mad/food making "Koreanske madpandekager"</b>  Voksne / Adults only
20:30 – 21:30	<b>Kyreugi/kamp</b> <i>Advanced/high level From blue belt</i>  M. Lee Gae Haeng		<b>Kodanja/Master</b>  GM. Cho				
20:30 – 23:00	<b>Disco – Barn</b>						

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Gr.4 1 dan  
Gr.5 2 dan  
Gr.6 3 dan+ Master

Barn/Junior u/15 år -  
have other program

## Info (EN)

Gr.1 White - green  
Gr.2 Blue - Red  
Gr.3 3 kup – 1 kup  
Gr.4 1 dan  
Gr.5 2 dan  
Gr.6 3 dan+ Master

Kids/Junior u/15 year -  
have other program

# Friday / Fredag 01. juli

Time/Tid	Sports Hall 1	Sports Hall 2	Sports Hall 3	Fællesrom	Gymsalen	Football field	
06:00 – 07:00					Su Shin Everybody M. Damaso		
07:00 – 08:00					Sim Ki Shin 4.dan + Korean Master instructors		
08:00 – 09:00	Breakfast / Frokost – Canteen/Kantin						
09:30 – 10:45	Group 4 <i>M. Løbak</i>	Group 3 <i>M. Damaso</i>	Group 2 M. Olsen		Group Barn/Junior u/15 år –Other program		
10:45 – 12:00	Group 1 M. Anderstuen	Group 6 M. Olsen	Group 5 + 6 GM Cho		Group Barn/Junior u/15 år –Other program		
12:00 – 13:00	Lunch – Canteen/Kantin						
13:30 – 14:45	Kireugi/kamp Open for Everybody  <i>M. Lee G. Haeng</i>				Kup – graduation  M. Berg M. Anderstuen	Sim Ki Shin Open for Everybody  Korean Master instructors	
15:00 – 16:15	Group 3  M. Olsen	Group 4  <i>M. Damaso</i>	Group 2  M. Løbak	Trad. Korean dance Open for Everybody  Jin Hi Gong	Kup – graduation  M. Berg M. Anderstuen		
16:15 – 17:30	Group 6 M. Jensen	Group 5 M. Lee Gae Haeng	Group 1 M. Myhren	Parents/foreldre  M. Anderstuen			
18:00 – 20:00	Dinner / Middag – Canteen/Kantin						
20:15 -21:45	Closing ceremony / Avslutningsseremoni (Everybody in dobog)						
22:00 – 02:00	Adult / Voksne social party						

## Info (DK/NO)

Gr.1 Hvid - grøn  
Gr.2 Blå - Rød  
Gr.3 3 kup – 1 kup  
Gr.4 1 dan  
Gr.5 2 dan  
Gr.6 3 dan+ Master

Barn/Junior u/15 år -  
have other program

## Info (EN)

Gr.1 White - green  
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Gr.3 3 kup – 1 kup  
Gr.4 1 dan  
Gr.5 2 dan  
Gr.6 3 dan+ Master

Kids/Junior u/15 year -  
have other program

## Program for børneleir

Tid	Mandag	Tirsdag	Onsdag	Torsdag	Fredag
<b>9-10</b> <b>Instruktør:</b> <b>Aktivitet:</b>	<b>Hold 1</b> SR/HH Spark på puder	<b>Hold 1</b> IM/AK Opvisnings- trøning	<b>Hold 1</b> SR/HH Hosinsul	<b>Hold 1</b> BR/ØO Flyvespark	<b>Hold 1</b> BR/ØO Poomse
<b>10-11</b> <b>Instruktør:</b> <b>Aktivitet:</b>	<b>Hold 2</b> BR/ØO Spark på puder	<b>Hold 2</b> IM/AK Opvisnings- trøning	<b>Hold 2</b> SR/HH Hosinsul	<b>Hold 2</b> IM/AK Flyvespark	<b>Hold 2</b> BR/ØO Poomse
<b>11-12</b> <b>Instruktør:</b> <b>Aktivitet:</b>	<b>Hold 3</b> IM/AK Spark på puder	<b>Hold 3</b> IM/AK Opvisnings- trøning	<b>Hold 3</b> SR/HH Hosinsul	<b>Hold 3</b> SR/HH Flyvespark	<b>Hold 3</b> BR/ØO Poomse
<b>11.30-13.30 Lunch</b>					
<b>14.30-15.30</b> <b>Instruktør:</b> <b>Aktivitet:</b>	<b>Hold 1</b> SR/HH Kampteknik	<b>Hold 1</b> IM/AK Kampteknik	<b>Opvisning</b>	<b>Alle</b>  <b>Tur til søen</b>	<b>Hold 1</b> BR/ØO Valgfri
<b>15.30-16.30</b> <b>Instruktør:</b> <b>Aktivitet:</b>	<b>Hold 2</b> IM/AK Kampteknik	<b>Hold 2</b> BR/ØO Kampteknik	<b>Opvisning</b>	<b>Alle</b>  <b>Tur til søen</b>	<b>Hold 2</b> SR/HH Valgfri
<b>16.30-17.30</b> <b>Instruktør:</b> <b>Aktivitet:</b>	<b>Hold 3</b> BR/ØO Kampteknik	<b>Hold 3</b> SR/HH Kampteknik	<b>Opvisning</b>	<b>Alle</b>  <b>Tur til søen</b>	<b>Hold 3</b> AK Valgfri
<b>17-19 Kvældsmad</b>					
<b>18-19.15</b> <b>Instruktør:</b> <b>Aktivitet:</b>	<b>Hold 1-3</b> BR Fotball i hold	<b>Hold 1-3</b> IM Hockey i hold	<b>Hold 1-3</b> AK Basket i hold	<b>Hold 1-3</b> SR Disco eller film	<b>Hold 1-3</b> ØO Løpetur

Hold 1 = børn fra 6-11 år  
Hold 2 = børn 13 år  
Hold 3 = børn fra 12 år eller 14 år

BR=Birger Røsæther  
SR=Sigrid Rui  
IM=Imad Malik  
**Hjelpelinstruktører:**  
AK=Adam Kemp  
ØO=Øyvind Olsen  
HH=Hamar TKD



