

Traditional Taekwondo Union



invites you to

DANSEMINAR IN MOSS, NORWAY 21. - 23. NOVEMBER 2008

Traditional Taekwondo Union and Moss Taekwondo Klubb have the pleasure to invite to blackbelt-seminar in Moss, Norway on the 21.—23. november 2008. The seminar is compulsory for promotion candidates in TTU and is also a great opportunity for others to practise taekwondo at black belt level with recognized master-instructors.

For who:

Belt holders from 2. cup and up can participate

Where: Moss Taekwondo Klubb
Rabekkgata 5, 1523 Moss, Norway

MTKs dojang is situated just behind the Melløs football stadium. The easiest access to the dojang is to drive to Rabekkgata via Varnaveien, turn at the Jet station and Bøckmann.

From MTKs dojang there is 5-10 minutes walk to shopping areas. For further information of the area, check out www.moss-tkd.no under the menu 'Kontakt oss' and 'Treningslokale/dojang' or do a search at www.google.com.

Instructors:

Master Svein Andersstuen, 7. dan
Master Jon Lennart Løbak, 4. dan

Price: Persons who are members of a TTU-club: NOK 600
Persons who are not members of a TTU-club: NOK 800

The price includes training, meals (except dinner Saturday night) and overnight stay in MTKs dojang.

Notification and questions:

Written notification of participation must be sent by e-mail from the participants club within Friday the 14. November 2008 to Moss Taekwondo Klubb v/Thorn Th. Helgesen. State the participants name, taekwondo rank and age in the notification.

Each participant club must pay the seminar fee to MTKs account in Sparebank1 in Moss with IBAN No. NO 31 1080 4763 037.

E-mail: post@moss-tkd.no

Phone: 69 25 20 20 / 917 65 109

Sleeping accommodation:

Sleeping in MTKs dojang is included in the seminar fee. All participants must bring their own sleeping gear. The dojang floor has martial arts mats.

There are also other sleeping accommodations in Moss. The following places is situated ca 3 km from MTKs dojang:

- > Mitt Hotell, Moss centre, 69 25 77 77, www.mitt-hotell.no
 - Single room NOK 850/night
 - Double room NOK 1 150/night
- > Mossesia Kro/Hotell, near centre, 69 25 42 42, www.mossesia.com
 - Single room NOK 790/night
 - Double room NOK 890/night
- > Moss Vandrehjem, near centre, 69 25 53 54, www.hihostels.com
 - Single room NOK 450/night
 - Double room NOK 720/night

Schedule:

Friday:	1800-1915:	Training, basic / general training
	1930-2130:	Theory and supper
Saturday:	0800-0900:	Breakfast
	0900-1030:	Training, arranged fight and self-defence
	1100-1200:	Training, arranged fight and self-defence
	1200-1315:	Lunch
	1330-1515:	Theory test
	1530-1730:	Training, Poomse
	1900- :	Dinner and convivial time at restaurant
Sunday:	0800-0900:	Breakfast
	0900-1030:	Training, Mechigi, fighting 2-3 persons
	1100-1200:	Training, kyeokpa
	1215-1300:	Lunch, feedback theory test

The schedule may be changed if necessary.

W E L C O M E