



TRADITIONAL TAEKWONDO UNION
presents

Dan Workshop

in Lillesand 20. - 22. nov. 2009

Grand Master Cho Won Sup and Master Stig Einar Jakobsen welcomes you to a Dan workshop in Lillesand, Norway on 20. - 22. november 2009.

INFORMATION

LOCATION:

Lillesand Taekwondo Club
Bregnesvingen 1, 4790 Lillesand, Norway

PRICE:

Nkr 600,- per person.
Breakfast, lunch and accomodation at the club location is included. Please prepay the required amount to account no. 2850 21 51500.

INSTRUCTORS:

Grand Master Cho and Master Stig Einar.

BELT REQUIREMENTS:

Minimum 2. Cup

PAYMENT DEADLINE:

Sunday, November 15th, 2009

REGISTRATION:

Send an e-mail to: steinja@start.no

REMEMBER TO BRING:

Sleeping bag, sleeping pad/air mattress, clean Dobok and belt.

FRIDAY'S PROGRAM:

17.00 Registration

There might be one workout in the evening.

SATURDAY'S PROGRAM:

07.00 - 08.00 Workout 1

08.00 - 09.00 Breakfast

09.00 - 10.30 Workout 2

11.00 - 12.30 Lunch

12.30 - 14.00 Workout 3

14.00 - 15.00 Break

15.00 - 16.00 Workout 4

SUNDAY'S PROGRAM:

08.00 - 09.00 Workout

09.00 - 10.00 Breakfast

10.00 - 11.00 Physical Test

11.30 - 12.30 Teoretical Test

13.00 - 14.00 Lunch

15.00 Workshop ends

PROGRAM OVERVIEW

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LILLESAND TAEKWON DO