

# Danseminar in Bergen

28th and 29th of November 09

The TTU clubs in Bergen are proud to invite you to Danseminar in the most beautiful city in Norway! Clubs which are not members of TTU are welcome to participate at the seminar.



천통태권도회

Place: FYSAK Allaktivitetshus  
Wilhelm Bjerknesevei 42  
5081 Bergen  
[www.fysakbergen.no](http://www.fysakbergen.no)

Price: NOK. 500,- (Non TTU members NOK 700) includes training and one warm meal on Saturday and Sunday. Payment: Cash in the beginning of the seminar.

Registration : Lars Hystad: [lars.hystad@pfizer.com](mailto:lars.hystad@pfizer.com)  
Mobile phone +47 95 22 38 87

Accommodation: Unfortunately it is not possible to sleep in the Dojang, alternative accommodation:  
| *Marken Gjestehus* (down town Bergen)  
Kong Oscarsgt. 29 , N- 5017 Bergen, Fax: 55 31 60 22  
Tel. booking: 55 31 50 30 , E-mail: [booking@victoria-hotell.no](mailto:booking@victoria-hotell.no)

*Montana Vandrehjem*  
Joh Blytts vei 30,5096 Bergen  
Tel. booking +47 55 20 80 70

Closing date registration: Thursday 19.th of November 2009

Instructors: Erling Oppedal 6. dan, Ole Havmøller 6. dan, Lars Hystad 5. dan, Birger Røsæther 5. dan, Roar Kristoffersen 4. dan, Jørgen Berg 4. Dan

## Program

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### Saturday

12:00-13:15 2 step, 1 step hand technique.  
13:15-13:45 Pause/ Registration  
13:45-15:00 1. step foottech. and combinations  
15:00-16:00 Physical tests (see TTU curriculum)  
16:00-17:30 Meal break/ theory test  
17:30-18:30 Poomse (dan)  
19:15- Dinner at local restaurant

### Sunday

10:00-11:15 Ho sin sul, -mechigi  
11:15-11:30 Pause  
11:30-12:45 Poomse (1-8)  
12:45-13:45 Meal break/ results theory test  
13:45-14:45 Sparring, focus on the combinations 1-8 towards two opponents  
14:45-15:00 Pause  
15:00-16:00 3. step

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