



**NATIONAL TECHNICAL SEMINAR by
SENIOR GRANDMASTER KIM UNG CHOL, 9.DAN
23-24TH OF NOVEMBER 2019 OSLO, NORWAY**

**UNIQUE OPPORTUNITY
JOIN TO SEMINAR WITH
GM KIM UNG CHOL, 9.DAN**

Kolbotn Taekwon-Do Klubb has the privilege to invite You to the most important event of ITF Taekwon-Do in year 2019, a Technical Seminar with the famous Korean GrandMaster and Pioneer of ITF Taekwon-Do:

GrandMaster Kim Ung Chol, 9.dan. Head of ITF Tournament Committee and Instructor of multiple European – and World Champion medallists.

This Seminar is open all ITF students and instructors, so we wish you welcome to us in the end of November 2019.

Yours in TKD

Master Ingar Eilertsen, 7.Dan



INFO:

When: 23-24th Nov.2019

Where: Greverud fjellhall

Address: Flåtestadveien 5A,

1415 Oppegård

(Close to Oslo, just 1h from
Oslo airport)

Who can attend the seminar?
- from white to black belts

Time schedule of Seminar

Friday 22th of November:

18-00 – 19.30: Kids only, all grades

Saturday 23^h of November:

10.15 – 12:00 Lesson 1

12.00 – 13.00: Lunch

13.00 – 15.00: Lesson 2

15.15 – 17.00: Lesson 3 (only 3.Dan and above)

17.15 – 18.30: Dan test

19.30: Banquet with GrandMaster Kim Ung Chol

Sunday 24th of November: (only black belts)

11.15 – 13.00: Lesson 4

13.00 – 13.30: Small lunch

13.30 – 15.30: Lesson 5

N.B. For grading remember bring a written document from your NGB, that you have permission go to the grading during seminar.



Seminar will offer to You:

In this unique seminar You will get education and learn authentic ITF Taekwon-Do from One of the Best GrandMasters of our Martial Art, SGM Kim Ung Chol, 9.dan.

This seminar will includes Fundamental Exercises, Patterns, Self-Defence, Theory etc..etc., everything what You can expect. All this and more from this kind of seminar, open for students all over World.



**National Technical
Seminar in "Oslo", Norway
23th – 24th of Nov. 2019
Questions and registration
Please, contact:
eilertsen@taekwondo.no
or call:+4792434896**

Seminar fees

Seminar fees are payment for only the seminar. Lunch is not included, but it will be possible to buy that, both on Saturday and Sunday (sandwiches, hot dogs and beverages).

Kids (just Friday): NOK 250,-

Black belts (Sat+Sun): NOK 1350,-

Colour belts (Saturday only): NOK 850,-

All payments in cash at arrival.

Saturday evening Dinner : NOK 350,-

(Served at the hotel)

Grading

Please take contact for the correct payment, and forms. post@taekwondo.no

Payments for the grading should be made to NTF in good time before the grading at latest the 14th of Nov. 2019.



Registration for National Technical Seminar 23.-24.11.2019

Registration deadline is the 4th of November 2019. Please write: who is participant for the seminar, ***name, grade, age, club and country***. If you plan for a grading, please mentioned for what degree it is. Also write if you want join Saturday evening Dinner with GrandMaster Kim Ung Chol. For clubs please simplify by sending an excel sheet of the participants.

Also we ask you kindly confirm your registration by e-mail: eilertsen@taekwondo.no within the last day of registration, 04.11.2019.



Accommodation & Transportation

Mastemyr Quality Hotell

We have an agreement with this hotel.

We have special prices “code :Taekwon-Do”, order directly to the hotel.

<https://www.nordicchoicehotels.no/quality/quality-hotel-mastemyr/>

Single room NOK 750,-

Double room NOK 950,-

Triple room NOK 1200,-

How to get to the sports hall?

From the Oslo airport, take the train to Oslo, then take the local train that goes to Ski. Please get off the train at Greverud station, the sports hall is only 3 min walk from the station. The placement of this hall is behind some local shops, into the mountain (Abox)

For our guests, the local Taekwon-Do Club will make sure that all participants will get to the hall in time, and back again to the hotel (10 min drive)

