

# INVITATION FOR

**INTERNATIONAL TECHNICAL SEMINAR /  
INTERNATIONAL INSTRUCTOR COURSE  
Park Beach Hotel**

**Limassol, Cyprus**

**CONDUCTED BY**

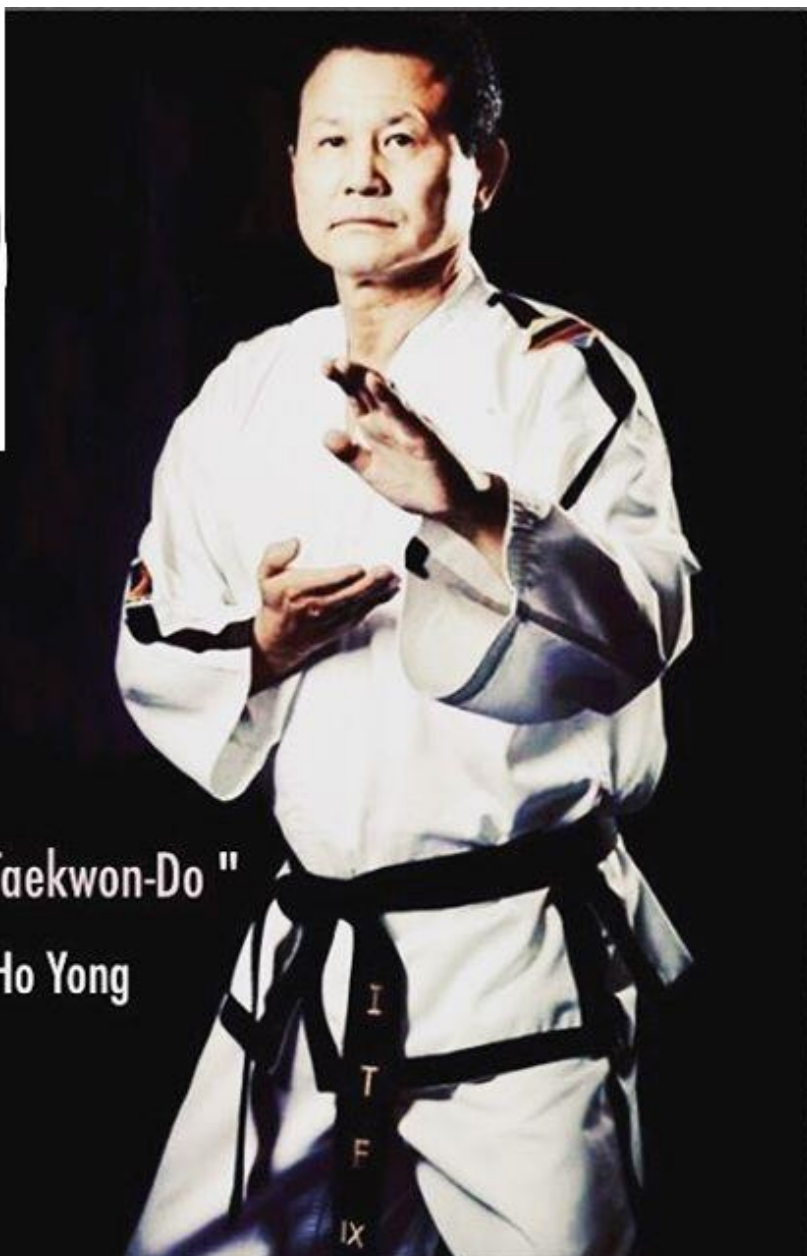
**GRAND MASTER HWANG HO YONG, IX DAN**

**September 2 – 4, 2022**

**Training Camp with Mr. Jan Mracek – Head Coach  
of the Czech National Taekwon-do ITF Team.**

**August 31<sup>st</sup> to September 2, 2022**





" Express yourself in Taekwon-Do "

GM Prof. Hwang Ho Yong

### **G.M. Professor's Hwang short resume**

Grand Master, Professor Hwang Ho Yong, Senior Vice President of the International Taekwon-do Federation and Technical and Education Committee Chairman, was born on 11/05/1956 in Sin Uiz of Korea.

From 1983 until 1986 he was a member of the demonstration team of the International Taekwon-do Federation which made demos almost throughout the world (China, Hungary, Yugoslavia, Norway, Poland, Singapore, India, etc. ..) in an effort to make known the Taekwon-do around the world. In 1987 he was sent by the International Taekwon-do Federation to Czechoslovakia to teach Taekwon-do. Under his guidance, the Czech Taekwon-do Federation became a very strong and well organized NGB.

In 2011, 7<sup>th</sup> of September, he earned 9th DAN and became the 1st Korean 9th DAN holder (K-9-1). He was Chairman of the ITF Junior Committee and then the Education committee. Since 2008, he is Chairman of the ITF Technical Committee and subsequently by the merger of the two committees into one, he is the Chairman of the Technical and Education Committee of the ITF. His job is the spread of Taekwon-do around the world

and the unification of educational methods by all instructors, as well as the preservation of genuine art of Taekwon-do.

He teaches and directs systematically Taekwon-do in Poland, Hungary, Switzerland, Netherlands and Slovakia. As responsible of the Technical and Education Committee, he is called in many countries of the world and gives technical seminars for athletes, coaches and referees.

At the technical seminar G.M. Hwang will teach Fundamental exercises-techniques, Patterns (Tulls), Sparring (Matsogi), Self Defence (Hosin Sool) and Conditioning (Dallyon)



## **Jan Mracek, 6 DAN International Instructor**

He is the head coach of the very successful Czech National Taekwon-do Team for the last decade.

He is 3 times World Taekwon-do ITF Champion and 5 times European Taekwon-do ITF Champion.

In his long and very successful carrier he competed also in kickbox and Muay Tai, winning the Czech Muay Tai Super league and twice the All-Czech kickboxing championship.

He was also one of the two non-Korean members of the ITF's Demonstration team to perform at the opening ceremony of the 2018 Winter Olympic games in Pyeongchang Korea.

The participants will have the opportunity to practice and learn from a very successful coach, in the competitive form of ITF Taekwon-do.

### **A few words about Limassol**

**Limassol** Greek: Λεμεσός, romanized: *Lemesós* is a city on the southern coast of Cyprus and capital of the district with the same name.

Limassol is the second largest urban area in Cyprus after Nicosia, with an urban population of 183,658<sup>[1]</sup> and a metropolitan population of 239,842.

In 2014 Limassol was ranked by TripAdvisor as the 3rd up-and-coming destination in the world, in its Top 10 Traveler's Choice Destinations on the Rise list. The city is also ranked 89th worldwide in Mercer's Quality of Living Survey (2017).

Limassol has a subtropical-Mediterranean with hot and dry summers and mild winters, which are separated by short springs and autumns which are generally warm and sunny.

Summer for Limassol is the longest season of the year, and lasts about six months; it begins in May and ends in October. At this time of the year the weather is sunny every day and rain is rare. The temperatures range between 19 °C (66 °F) to 30 °C (86 °F) in June and September and 22 °C (72 °F) to



40 °C (104 °F) in July and August. In June Sea mist can sometimes occur, usually resolving early in the morning.

## **LOCATION**

The Training Camp will be hosted at “**Park Beach Hotel**” in Limassol, Cyprus and the Seminar in the Hotel’s conference room (theoretical part) and at Spyros Kyprianou Sports Arena (Technical Seminar).

## **ACCOMMODATION:**

- Single Room, **€85.00** per **room**, per night
- Double / Twin Room, **€125.00** per **room**, per night
- Triple Room, **€180.00** per **room**, per night

Accommodation Rates quoted are in Euros (€) and are **per room, per night**, on **Full Board Accommodation**

**Please fill the registration / accommodation form and send it to,**  
[cyprus.itf@cytanet.com.cy](mailto:cyprus.itf@cytanet.com.cy)

## **TRANSFER FROM / TO AIRPORT**

Paphos and Larnaca airport is very close to the venue, where the seminar will take place. There is a frequent bus connection between both airports and Limassol.

If you need any assistance with transportation, please contact Master Lefteris Polydorou at [cyprus.itf@cytanet.com.cy](mailto:cyprus.itf@cytanet.com.cy) and or via Viber or WhatsApp at +35799443172.

## **PARTICIPATION FEES**

**All Participants will pay €40 to the Organizer as Organization fees in addition to the Seminar fees listed below (paid once for each competitor)**

### **International Technical Seminar**

- 4<sup>th</sup> Grade to 1<sup>st</sup> Grade €40 **(€25 for ITF Booklet holders)**
- 1<sup>st</sup> Degree and 2<sup>nd</sup> Degree €80 **(€50 for ITF Booklet holders)**
- 3<sup>rd</sup> Degree and higher €165 **(€100 for ITF Booklet holders)**
- **Free for ITF Masters**

### **International Instructor Course**

- 4<sup>th</sup> Degree and higher (3<sup>rd</sup> Degree who is about to take the 4<sup>th</sup> degree test and become an International Instructor) €165 **(€100 for ITF Booklet holders)**
- *Is possible for lower degrees (after agreement of the GM) to attend as National Instructor course. Any part interested, please contact Master Lefteris Polydorou.*
- **Free for ITF Masters**

### **Training Camp**

- August 31<sup>st</sup> to September 2<sup>nd</sup> **€35**
- Or **€15** per day

Note: All participants to the 3 ITS and /or IIC should arrive to the venue of the seminar on Friday by noon at the latest.  
For the Training Camp all participants should arrive on Thursday night or Wednesday early morning.

## **REGISTRATION:**

Please register at <https://forms.gle/T12JHjim4u9pHLus7>

(Soon will follow registration link via ITF Database)

PLEASE MAKE THE PAYMENTS FOR THE ACCOMMODATION, TO THE CYPRUS TAEKWON-DO ITF'S, BANK ACCOUNT

**ACCOUNT NAME: CYPRUS TAEKWON-DO FEDERATION (ITF)**

**IBAN: CY43 0020 0668 0000 0001 0179 2500**

**SWIFT: BCYPCY2N**

**BANK: BANK OF CYPRUS LTD**

THE SEMINAR FEES CAN BE PAID AT THE VENUE.

## **COMMUNICATION**

For any additional information or queries please contact us at the following email addresses:

### **Cyprus Taekwon-Do Federation (ITF)**

#### **President:**

**Mr. Polydorou Lefteris**

Tel: +357 99 443172

Fax: +357 22 933379

Email: [cyprus.itf@cytanet.com.cy](mailto:cyprus.itf@cytanet.com.cy)

**Application deadline (Hotel) 15<sup>th</sup> of July 2022**

**PICTURES OF Limassol**



**SEE YOU IN LIMASSOL FOR A GREAT TAEKWON-DO TIME IN PERSON AFTER 2 YEARS OF RESTRICTION DUE TO COVID-19 AND COMBINE IT WITH NICE WEATHER AND VACATION TIME!!!**