



ITF 2nd Official International Technical Seminar 2-3 of March 2024 in Finland, conducted by Master Jean Feller, VIII dan

member of ITF Technical-and Education Committee, member of ITF Junior-and
Veteran Committee, Founder of ITF Finland

Seminar program includes:

*fundamental exercises*patterns*self defense*2nd level mobility
exercises*exercises for deep Core- muscles, 2nd level*exercises to adopt latest
technical updates*tips- and tools for better kicking techniques*better muscle
balance-and body posture exercises*plyometric exercises* etc...

- ✓ **Online-and physical participation possible**
- ✓ Seminar is for 4gup and above
- ✓ Official ITF Seminar with seminar codes
- ✓ Organizer: ITF HQ & ITF Finland
- ✓ Registration only via ITF Database, latest 29th Feb-24

Contact/Info: www.itftaekwondo.fi ngb@itftaekwondo.fi

INFO PACK:

INTERNATIONAL TECHNICAL SEMINAR IN FINLAND 2nd- 3rd OF MARCH 2024

Dear GrandMasters, Masters, Instructors and Taekwon-Do Students!

It is my pleasure and honor to Welcome You all to the 2nd Official ITF International Technical Seminar (ITS), which will be held in 2nd-3rd of March 2024, Helsinki Finland. Organizers are ITF Finland- and ITF HQ.

2nd ITS- Seminar in Finland

1st ITS- seminar was held in Helsinki January 2023 and it was very successful seminar with over 70 participants almost from 20 different countries around the World.

Because of this, of course, we hope Your support for this seminar too, in the form of participation, also from other member countries of ITF.

From the seminar: tools for adopting updates, in addition to updates

In addition to attending the seminar, e.g. patterns, step by step, with the updates of the ITF Technical- and Education Committee from recent years are brought out, also, are intended to provide tools, in the form of exercises, on how to make the updates available to students effectively.

We focus on e.g. for the body's muscle balance, for increasing joint mobility. We tell you with the help of exercises how e.g. body rotation can be used in kicks, maintaining the natural angle of the body posture and examples of how to use the additional power brought by body mobility, e.g. in patterns- and fundamental exercises, an example with the help of exercises. Also Plyometric-exercises will part of seminar to use these benefits ex. in sparring training.

The level of exercises in the seminar is 2nd level, so more demanding than in 1st seminar. We of course, remind you also 1st level exercises from last seminar.

Welcome ITS-seminar in Helsinki, physically or via Online !

Master Jean Feller

FL-8-1

conductor of ITS seminar

member of ITF Technical-and Education Committee

member of ITF Junior- and Veteran committee

Specialist Qualification in Sport Coaching VEAT, founder of ITF Finland

Seminar Date and Venue

Date: 2nd-3rd of March 2024

Seminar Organizer:

ITF HQ and ITF Finland

Venue: Stadin Ammattiopisto Address: Savonkatu 4, Helsinki, Finland

Contact info: ngb@itftaekwondo.fi, www.itftaekwondo.fi

Seminar is open 4gup (Blue belt) and above

Seminar registration is open until 29th of January-24 in the ITF Database:

[ITF DATABASE LINK:ITS FINLAND MARCH 2024](#)

Registration is only available via Official ITF Database

NB ! This seminar can be attended physically or via Online (Zoom)

Links to Online seminar will be sent one day before Seminar via email.

Time schedule:

Saturday, 2nd of March 2024:

am09.00 - 12.00:

-Mobility exercises :1 level repetition –and 2nd difficulty level new techniques:

-how create better mobility and muscle balance to adopt new tkd techniques easier and faster and ideal body posture for tkd

-Color belt patterns :step by step with latest updates from ITF Technical- and Education Committee

-Exercises to create better kick techniques while keeping ideal body posture:

how use knee rotation in kicking techniques

how use body rotation during kicks

how bring body weight over the supporting leg during kick *etc.

Saturday pm 14.00-17.00

- Deep Core muscles exercises: 1st level repetition-and new 2nd level difficulty exercises to create stronger Core- area, to be as your "engine" which evenly distributes power and speed to the arms and legs

-Patterns- and fundamental techniques continues step by step with updates and corrections of body posture, the correct tension and relaxation of the technique together with breathing

Dinner: pm19.30 : place will be announced later

Sunday 3rd of March 2024

am09.00-12.00:

- Plyometric- exercises: how activate your speed-and jumping power, regardless of your age or degree level

- patterns continues step by step with updates with control of body posture, timing of breathing

Sunday pm14.00 - 17.00:

-Sparring techniques, combined with benefits of Plyometric-exercises

-Self defense exercises with fundamental techniques:

one precise acyclic technique or/and with multiple cyclic techniques and combination of these two

-Theory: example of 12 months training program, basic with 4 time periods

Training equipments what you need during seminar:

tkd uniform, tkd belt, sparring equipments, kicking bags/targets and resistance band: medium level, about 1,5 m length for mobility, speed etc. Exercises.

NB ! the time zone in Finland is EET (East European Time)

We reserve the right to possible schedule and program changes

Participating fees:

Up to 2.dan : 50,- € with ITF Booklet

80,- € without ITF Booklet

3.dan and above: 100,- € with ITF Booklet

165,- € without ITF Booklet

GrandMaster's and Official ITF Seminar Conductor's, seminar is free

Other Masters:

30,- € registration fee

Fee of Official Certificate from ITF HQ: 30,- €

All participants will get certificate of participating via email after seminar and also ITF HQ official seminar code (JF-ITS-2-xxx)

Seminar payments should done 29th of February-24 latest to the Bank account:

FI58 5554 0920 0846 46

Account owner:

ITF Taekwon-Do Liitto ry

BIC-code: OKOYFIHH

Bank name: Osuuspankki Uusimaa

Accommodation in Helsinki

There are many hundreds of hotels in Helsinki, Finland. Easier is to select a hotel ex. via Hotels.com website

Here are a few examples of hotels:

SOKOS Hotel Tripla: only 100 m away from seminar venue. Easy just walk to venue. [Original Sokos Hotel Tripla - sokoshotels.fi](http://sokoshotels.fi)



OmenaHotels are so called "cold" ones, you order via website and pay and there is no personnel in hotel usually: www.omenahotels.com/en/



OmenaHotels in the center of the city are "Kamppi" and "Lonnrotinkatu" OmenaHotels which you find in that website

GLO Hotels: www.glohotels.fi/en/



Most popular is GLO Art Hotel which you will find in that website too. It has quite unique outfit in whole building in center of Helsinki

Radisson Hotels: <https://www.radissonhotels.com/en-us/>

There are few ones and most popular ones are in heart of Helsinki,

Radisson Blu Plaza and Radisson Blu Royal Hotels, wich you find via this website too



