

### **Weekend for teachers and assistants**

WHEN and WHERE: 1.-3.3., Center Slunečnice - Uhelná Příbram, arrival at 18:30. Necessary sleeping bags or eventually a pillow.

PROGRAM (The course will be conducted by sahyun Martin Zamečník and authorized teachers):

Friday 19:30 - 21:30 fundamental exercises, self-defense

21:45 pre-exams for DAN test

Saturday 9:30 - 12:30 tul and basic techniques for color belts

lunch and yohaeng

17:00 - 19:00 teaching the kicks, pads use

20:00 - 21:30 matsogi system

21:40 -22: 30 methodology of training conduct, communication with students and their parents

Sunday 9:30 - 12:30 teaching self-defense, falls, basic gymnastics

13:10 - 15:00 Teachers and assistants meeting, possibility to continue

PRICE: You can use the calculator at <https://www.tkd.cz/kalkulacka.aspx> to calculate. The price includes transportation, food, drink regime, training, accommodation. The price is the same as the common camp.

GBHS Teachers 100% discount (attendance compulsory and required). Pay to the account of the school under your name and the title of the action in note 2982742001/5500 or cash to teachers.

WHO: The event is open to all assistants and teachers and those interested in these posts from the age of 17 and 2. kup. If you do not reach to one of the requirements (age, technical grade), it is possible reach an agreement with the master Martin Zámečník. Sign up only through the schedule of events at [www.tkd.cz](http://www.tkd.cz) GBHS Teachers and Assistants are logged in automatically. Apologies by email by 15.2. to info