

2nd ON-LINE CAMP

with Master Martin Zámečník

Member of Technical and Education Committee ITF

April 3 13:30 – 15:30 fundamental exercise and movement principles

15:45 – 17:45 foot techniques and its training

19:00 – 21:00 patterns and common mistakes

April 4 10:00 – 12:00 fundamental exercise, application and power in them

14:00 – 18:00 matsogi system and practical self-defense

19:00 – 21:00 theory and individual corrections

April 5 10:00 – 12:00 fundamental exercise and patterns

14:00 -16:00 theory and individual corrections

Lets kick out the Corona together!!!

All taekwondists, who are interested in training and education, are warmly welcomed. Number of participants is limited. Priority for the first 30 participants who will register here: <https://www.tkd.cz/harmonogram.aspx?lang=en>. You will receive the Zoom code by email after crediting of the payment of 79Euro to the GBHS school account 2982742001/5500 (IBAN CZ79 5500 0000 0029 8274 2001, SWIFT RZBCCZPP). The payment is necessary to be tagged with the name of the participant. Participants are welcome only with agreement of their school leader. The registration by email is binding.