

1st ON-LINE CAMP

with Master Martin Zámečník

Member of Technical and Education Committee ITF

- Feb 12 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
- Feb 13 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
- Feb 14 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 interesting in training and education, are warmly welcomed. Number of participants is limited. Priority for the first 30 participants who will write to info@tkd.cz their name and technical grade. 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 director. The registration by email is binding.