

Great winter training camp and EXAMS

WHEN: DEC 25 – JAN 2, 2023. Take advantage of the winter vacation and come to practice for a few days and take exams!
Meeting for shared transport DEC 25. Chodov in front of the TKD center ZŠ Campanus, at the gate from Hroncova street at 10:00 a.m., end of the event and departure around 3:00 p.m. (not without handing over a cleaned room). We will promptly specify the return by public transport upon departure.

WHERE: our Beztahov center near Votice (map at www.tkd.cz)

For motorists, arrival on DEC 25 no earlier than 11:00 a.m. (first day, other days at any time). First training from 11:45.

WHO: The training is intended for all interested parties. Exams will always take place on the last day from approximately 1:30 p.m. In order to review and possibly participate in some TKD exams, it is necessary to complete at least a complete final 2-day preparation. So you need to arrive no later than January 1. in the morning between 10:30 and 11:00. Or it is also possible to attend at least 3 whole other days and come to the final exams if you pass the exam. With the number of training sessions, the chance of a successful examination also increases. Exams are intended only for registered members of the school who pay dues (this also applies to other martial arts). We will also practice Gumdo on the Great winter one, in which it will also be possible to pass exams on the last day.

The training camp is suitable for all interested parties, including complete beginners.

PRICE: You can use the calculator at <https://www.tkd.cz/kalkulacka.aspx>. The price includes transport, food, drinking regime, training, accommodation and any tests and equipment required for each technical level (doboks, belts, paws, protectors...). The equipment will not be received by nine-year-old and older school members who have not attended a training camp for at least two days for more than 13 months and have been at our school for more than 13 months.

Basic price - 1 day at 1000 CZK minus discounts

Discounts: 50% every third and additional practicing family member, GBHS teachers and lifetime members

35% non-training and 10% training visits from other schools

10% own trip reported by **18.12.**(5% one-way)

10% for registration and a deposit of CZK 1,500 paid for Velké zim. until 18.12.

5% of the entire raining camp

No discounts can be used for payments after the end of the event, including surcharges.

Sign up only via the Events Schedule www.tkd.cz. Pay preferably to the school's account **2001870779/2010 (IBAN CZ53 2010 0000 0020 0187 0779, SWIFT FIOBCZPP)** with the generated VS when logging in, or to the teachers. Supplements and payments are possible on site upon arrival. The deposit is refundable only in case of an excuse two days before the start of the entire training camp for serious, demonstrable health reasons.

PROGRAM: Three training sessions a day. Beginners will have a separate group to raise their technical level as much as possible. You can expect many games and competitions. At the Great winter, a traditional competition for the best delivered Christmas cookies, salad or schnitzel. Of course, expect an extraordinary Korean New Year's Eve party!!! Korean cuisine, Korean movies, midnight training, fireworks... The last day of the year and one more will be trips with less training.

Take with: school dobok from the white and yellow, school protectors from the green belt, school lap from the yellow belt, practice knife from the 1st kup, pencil, paper, clothes and shoes for outdoor and indoor exercises, good mood and desire to practice and learn, health insurance card, swimsuits, reasonable pocket money, common necessities, pencil, paper... We only support equipment acquired or purchased at our school, only current members of the ITF and EITF representatives have approved protectors and Ukrainian runners for their imported equipment. A **sleeping bag** is necessary, also may be a pillow.

For minors, a strict ban on valuables and larger financial amounts. I will leave the mobile phone equipment to the parents' discretion and responsibility. Skis are possible in case of snow for adults. Allergy sufferers and the like, please have your medication ready and report any health problem that could limit your training in advance!!!

NOTE: - For smaller, unaccompanied children, we assume basic hygiene habits, knowledge of the clock and the right and left sides, and the ability to communicate with the teacher, which every parent must support. If this is not the case, participation without an escort is impossible.

- We are not going to the sea on vacation, so expect adequate physical exertion.
- By participating in this event, you significantly increase your chances for exams and races.
- Every minor will have a parent's phone number, preferably a mobile phone.
- In the event of indiscipline, anyone may be expelled from the event without compensation based on the teacher's decision, or compensation may be imposed.
- It is better to read the entire leaflet once more and then inform yourself in case of confusion.

info and apologies: urgent **Martin Zamecnik +420 603302739**, ordinary - info@tkd.cz **See you at the center!**

Christmas is here ...

All those interested in buying sweatshirts, pants, boots, pads, protectors, bags, bumpers, etc... Racers, use Christmas to buy a new dobok or protectors! Junior and senior racers are reminded that since 2022 only closed protectors of an approved type are mandatory. We bought new extra durable leather protectors for you. For everyone who orders over 2000CZK, a free tool for hardening the striking tools.

A complete list of equipment and prices can be found at <https://www.tkd.cz/vybaveni.aspx>. Order here too. Don't forget the new functional T-shirts as well.

We recommend all active competitors to equip themselves with protectors in blue and red (helmet, arms, legs). We do not recommend lending to each other not only for hygienic reasons. Christmas is also an opportunity to restock lost items and gear you've grown out of.

CELEBRATION OF THE FOUNDATION OF THE SCHOOL

We invite school members, friends, families, and acquaintances to celebrate the anniversary of the founding of the Hosin sool and Ge-baek school at Campanus Elementary School on December 4!

10:30 -11:45 Special self-defense lesson Safe Southern City (open to the public)

12:00-14:00 VII. incredible year of the Harabodzi Cup - we compete in 3 disciplines

Tul - pyramid system, don't expect only traditional tuls (teachers don't start in tuls)

Self-defense - only from 6th kup, scoring system, don't expect traditional attackers

GBHS definitely has a talent - scoring system, within a maximum of 2 minutes everyone gets the opportunity to show anything related to TKD - singing, poems, own compositions, board breaking, etc... Maybe even in groups.

14:00 Main program - an opulent and original Korean lunch in our TKD center

- training in the use of chopsticks

- very original raffle (contributions welcome)

- the annual announcement of the Member of the Year

- Chairman's speech (short of course)

- free entertainment etc.... (long of course...)

The main program will end around 16:00. The entrance fee for the races and dinner is a total of 350 CZK (a family of three or more, 300 CZK per person). Teachers and Lifetime Members Free. Both actions are not necessarily mandatory, but the price remains the same. Register via the Events Schedule at www.tkd.cz. Payment on site or school account.

ATTENTION PLACE CAPACITY LIMITED. WHO SIGNS ON FIRST IS.... :)

We look forward to seeing you!!! Your teachers

8th Haidong Gumdo intezyve weekend and exams

The event is intended for all those interested in the path of the sword, including complete beginners.

DEC 25 – 27 Beztahov Arrival and accommodation from 18:00. First training 19:00. Exams DEC 27 after lunch.

I recommend dividing the training intervals between training of TKD trainings within the Great winter, separate HG trainings focused on exam preparation and, last but not least, active rest with intensive study of theory.

Price: CZK 4,500 - including accommodation, food, additional training for the duration of the event, possible exams including a certificate for those who are prepared plus equipment for the exams. Exams only for tuition-paying HG trainees (or private lessons).

Sign up only via the Schedule of Events at www.tkd.cz and pay in advance to the GBHS account or in person to the teacher.

Don't miss a unique event of this type and become the pioneers of Czech Haidong Gumdo. Prepare with us for 2023 races abroad and seminar with Korean master Han!!! Maybe even at the World Cup in Korea!!!

ATAXON OPEN

DEC 3 Sports center Repy, Prague

Proposals and applications until NOV 27 in the Schedule of events at www.tkd.cz. STM and STS members who register in time have a free entry fee. Meeting at 8:00 at the entrance to the sports hall.

Take advantage of the opportunity to compete well at the last races of the year, perhaps even before you reach the older age category!

Don't forget about other interesting seminars, e.g. Knife and stick fighting seminar with Grandmaster Peter Nemeth November 25-27. or Buddhism and martial arts January 6.-8 with leading Czech Buddhist teachers and Master Martin Zamecnik. Information about these events can be found on separate flyers. In the coming weeks, you will also find a schedule of events on our website until the beginning of 2024. We are currently only waiting for the dates of union events.

It is best to pay all events to the school's account 2001870779/2010 (IBAN CZ53 2010 0000 0020 0187 0779, SWIFT FIOBCZPP) with the generated VS upon registration, or to the teachers in cash with an accompanying email to info@tkd.cz with the text, who is paying and what for.