# 10th Haidong Gumdo Intensive Weekend and 2nd FMA Weekend and Exams



## The event is intended for all those interested in the path of a sword and Filipino martial arts, including complete beginners.

### 6-8 OCT Beztahov near Votice

Price 3,500 CZK – accommodation included, possible exams including a certificate for those prepared plus equipment for the exams. Exams only for tuition paying HG or FMA trainees (or private lessons). For those not registered or not paid by 1<sup>st</sup> OCT price 3900 CZK.

Bring a sleeping bag and standard items, including equipment for HG and FMA.

Sign up only through the Events schedule at <u>www.tkd.cz</u> and pay in advance to the GBHS account or personally to the teacher.

I am asking all HG and FMA members to find time for this important event. In HG, we will intensively prepare for the seminar and possible dan exams with Master Lee. At the end of the event, it will be possible to pass the kup exams and dan pre-exams in HG. At FMA, we will prepare for the seminar with Grandmaster Nemeth, practice and review the basics of FMA, and participate in an online lesson with a Filipino Grandmaster. It will also be possible to do exams at the end.

#### 6 OCT 18:00 arrival, accommodation

19:00 FMA fundamental movements, agak

20:30 HG fundamental techniques, kibo donžak, stamina

#### 7 OCT 9:30 FMA agak , knife defense

11:00 HG forms, accuracy training, theory

15:00 FMA online lesson

17:00 HG drawing, duel

20:00 FMA disarmament

21:00 HG repetition, pre-exams

#### 8 OCT 9:30 FMA palakaw

11:00 HG forms, accuracy training, theory

14:00 HG and FMA exams

We recommend that those practicing only HG or FMA in their free time intensively prepare for their own exams, however, they are also warmly invited to other training sessions.

Don't miss a unique event of this type and become pioneers of Czech Haidong Gumdo and FMA. Prepare with us for the first further competitions abroad and a seminar with Korean master Lee here or a visit to master Han in Korea!!! Let's get ready for our first camp in the Philippines or FMA Summer Camp 2024 with some Filipino legends!!!