

Second winter, The first spring training camp and EXAMS

WHEN: 9–15 February Second winter training camp 15–22 February First spring training camp



Arrival on the first day of the event no earlier than 9:30 a.m. (other days anytime). First training session at 10:30 a.m. It is possible to arrive at the training camp the evening before by arrangement.

The event ends and departure is around 3:00 p.m. (not without handing over a tidy room).

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

WHO: The training camps are open to anyone interested. Exams will always take place on the last day at around 13:30. To take the exam and possibly participate in one TKD exam, it is necessary to complete at least the entire 2-day final preparation. This means that you must arrive no later than 9:30 on the penultimate day and complete all training sessions. Alternatively, it is also possible to participate in at least 3 full days and, if the pre-exam is passed, arrive for the final exams. The number of training sessions increases the chances of passing the exam. The exams are only for registered members of the school who pay their fees regularly (this also applies to other martial arts). At The First Spring Camp, we will also practice Gumdo. It will always be possible to take the exams on the last day. **The camp is suitable for all interested parties, including complete beginners. Especially for autumn beginners who have not yet passed the exams for higher technical levels.**

!!!Newly, all members who are over 6 and under 23 years of age will have to submit a medical examination from at least their pediatrician/general practitioner at the beginning of the camp. Members who have a 4th kup and above are recommended to have an examination by a sports doctor, which is required for combat sports. The forms can be found on our website www.tkd.cz. Upload the examination to your member portal (www.taekwondo.cz) or send it to info@tkd.cz. Alternatively, you can hand it over in person upon arrival at the training camp at the latest!!!

PRICE: Basic price: 1 day = CZK 1,000 minus discounts

Discounts:

- 50% for every third and subsequent practicing family member, GBHS teachers, and lifetime members
- 10% for registration and a deposit of CZK 1,500 paid by the end of the previous month
- 5% for the entire camp

The price includes meals, drinks, training, accommodation, and any exams and equipment necessary for each technical level (doboks, belts, gloves, protectors, etc.). Equipment will not be provided to nine-year-old and older members of the school who have not attended the training camp for at least two days in the last 13 months and have been in our school for more than 13 months. **No discounts can be applied to payments made after the end of the event, including additional payments.** Please register only via the Event Schedule at www.tkd.cz. Payments should preferably be made to the school's account **2001870779/2010 (IBAN CZ53 2010 0000 0020 0187 0779, SWIFT FIOBCZPP)** with the reference number generated during registration, or to the teachers. Additional payments and payments can be made on site upon arrival. The deposit is refundable only in case of cancellation two days before the start of the entire training camp for serious, verifiable health reasons.

PROGRAM: Three training sessions per day. Beginners will have a separate group in order to maximize their technical improvement level. You can expect lots of games and competitions.

BRING: school tobok from yellow stripe, school protectors from green belt, school lapa from yellow belt, training knife from 1st kup, pencil, paper, clothing and shoes for outdoor and indoor training, a good mood and a desire to train and learn, health insurance card, swimsuit, reasonable pocket money, everyday necessities, pencil, paper... We only support equipment obtained or purchased at our school, with the exception of current members of the ITF and EITF national teams with approved protective gear. **A sleeping bag and pillow are required.** Minors are strictly prohibited from bringing valuables and large amounts of money. We leave the decision to bring cell phones to the discretion and responsibility of parents. We do not recommend mobile phones for children under 13 years of age. If you have allergies or similar conditions, please bring adequate medication and report any health issues that could limit training in advance!!!

NOTICE:

- We expect younger unaccompanied children to have basic hygiene habits, knowledge of the clock and right and left sides, and the ability to communicate with the teacher, which every parent must support. If this is not the case, unaccompanied participation is not possible.
- We are not going on a beach vacation, so please be prepared for a reasonable amount of physical activity.
- By participating in this event, you significantly increase your chances of success in exams and competitions.
- In the event of misconduct, anyone may be expelled from the event without compensation at the teacher's discretion or may be required to pay damages.
- Please read the entire flyer again and then ask for clarification if anything is unclear.