



KLUB SPORTOWY TAEKWON-DO „PO-EUN”

73-110 Stargard, Os. Zachód B 26/C 8, tel. 0-606 802 692

NIP 854-21-04-817 REGON 8120998

Stargard, 26.09.2022

Taekwon-Do Sports Club "PO-EUN" invites you to the first unique Taekwon-Do seminar in Poland with Master Mariusz Steckiewicz, VIII Dan ITF!

Master Mariusz is a 8th degree black belt and professional ACE Certified Personal Trainer and sports coach, currently based in Ho Chi Minh City, Vietnam. He has over 34 years of experience in training and coaching including a successful competitive career that includes **3 gold medals from the ITF Taekwon-Do European Championships (1996, 1997, 1999)** and **6 gold medals from the Polish Championships**.

Most notably, he has coached Finland and Vietnam's national teams. Under his lead, Finland rose from the far-middle of the list in the general classification to **5th in the World and 2nd in all of Europe**. His Finnish and Vietnamese athletes have won **8 Gold medals from World Championships** and dozens from the European and Asian Championships.



Place:

Primary School Nr 11, Os Zachód B15, Stargard, Poland
A spacious gym with adequate facilities. A large parking lot nearby.

Trainings:

26.11(Saturday) 9:30 – 11:00 (1st group)
 11:00 – 12:30 (2nd group)
 12:30 – 13:30 break
 13:30 – 14:30 (1st group)
 14:30 – 14:50 photo session
 15:00 – 17:00 (2nd group)

27.11 (Sunday) 9:15 – 10:45 (1st group)
 10:45 – 12:15 (2nd group)

Program:

- * Power generation: biomechanics and anatomy in Taekwon-Do techniques
- * Step sparring not only for the belt test: a missing link in a practical self-defence training
- * Physical preparation and injury prevention for athletes and recreational practitioner
- * TKD patterns

Who can participate:

Taekwon-Do students: black belts and colour belts from 7 Gup.

Conditions of participation:

Personal application sent by e-mail to: TKD@WIR.PL until **November 2nd**.

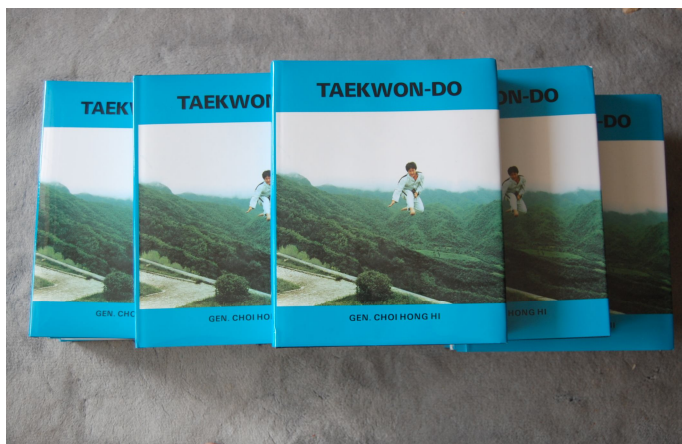
- * Each participant sends back the completed and signed application form with the GDPR clause by e-mail.
- * After sending the application, the participant will receive by e-mail the account details for the transfer. A fee in the amount of 30 USD must be paid by November 4th.
- * The fee is non-refundable, except when the resigning participant will enrol another person (meeting the seminar requirements) within the required time.
- * If the event is cancelled, the organizer will refund the payments made.

NOTE: Limited number of places! We want each participant to have the comfortable space to train. Act fast!

Due to organizational reasons, the list of participants is going to be closed on November 2nd 2022.

By November 18, we will send you by e-mail and place on the website (WWW / FB):

- * range of grades of training groups
- * a map to help you reach the venue,
- * parking map (free large parking nearby),
- * all needed information
- * before the training, each participant will receive a commemorative armband.

**Condensed Taekwon-Do Encycloedia:**

You have a chance to order a one-volume Condensed Taekwon-Do Encyclopaedia (new copies, over 3 kg, chalk paper, 1999 edition)

If you are interested, please add this information when submitting your application.

Stargard is easy to reach by car, bus or train. It's only 30 minutes by car from the nearest Szczecin Airport and only 2 hours by bus or car from Berlin Airport.

Should you need any help: hotel suggestions or with transportation from and to the airports – do not hesitate to contact us.

Hotels close to the venue: Poludnik Park, Hotel 104. Other hotels: Spichlerz, Grodzki, Maly Mlyn, Lord...

We invite you to come to Stargar

Master Jakub Jegliński VII Dan ITF
TKD Sports Club „PO-EUN” Stargar, Poland