**ON THE OCCATION OF THE 55TH ANIVERSARY OF THE FOUNDATION OF THE ITF and THE 66TH BIRTHDAY OF TAEKWON-DO**

**TAEKWON-DO ITF SPORT’S TRAINING SEMINAR**

**WITH MASTER LEFTERIS POLYDOROU VII DAN**

**MEMBER OF ITF’s TECHNICAL & EDUCATION COMMITTEE**

**PRESIDENT OF THE CYPRUS TAEKWON-DO FEDERATION**

**ON-LINE SEMINAR**



**APRIL 17, 2021**

**10:00am EET**

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**The seminar will be conducted by:**

**master lefteris Polydorou**

**vii dan**

**member of the itf’S technical & education committee**

**president of cyprus taekwon-do federation-itf**

**Please register at:** <https://docs.google.com/forms/d/e/1FAIpQLSeknAXAA4dWFrsOxzE1pxCohbglnhpRSVp-nGOhBnKkQB7cEQ/viewform?usp=sf_link>

**www.Itf-tkd.org**



**Organized by:**

**Cyprus Taekwon-do Federation**

**International Taekwon-do ITF Sport’s Training Seminar**

We are cordially inviting you to the 1st International Taekwon-do ITF Sport’s Training Seminar, to be conducted be Master Lefteris Polydorou 7th degree, Member of the ITF’s Technical & Education Committee.

The Seminar is approved by the ITF, following the decision of the ITF board of directors at the board meeting held in Bulgaria during the ITF World Championship 2019.

**Date: April 17, 2021**

**Venue: Zoom (on-line)**

*Registered participants will obtain the links for the online sessions via email only after their payment is confirmed*

**Fees: €50 for all participants (Grades and Degree holders up to 6 Degree)**

- includes the organizer and course fee

- includes a certificate of participation issued by Cyprus Taekwon-Do Federation

***ITF Masters & Grand Masters will pay €20***

- includes the organizer fee

- includes a certificate of participation issued by Cyprus Taekwon-Do Federation

**Schedule: 10:00am EET Theoretical Part**

* Introduction to Sports Training Theory – discussion, questions answering,
* Creating a Training Plan

**13:30 – Practical part** (Warm up, Main Part, Cooling down)

**Registration:** <https://docs.google.com/forms/d/e/1FAIpQLSeknAXAA4dWFrsOxzE1pxCohbglnhpRSVp-nGOhBnKkQB7cEQ/viewform?usp=sf_link>

Please note that we will not consider you registration until your payment is confirmed.

**Payment:** Wire transfer only. Fees for multiple participants can be sent in one payment.

ACCOUNT NUMBER 066801017925

ACCOUNT NAME CYPRUS TAEKWON-DO FEDERATION (ITF)

SWIFT / BIC BCYPCY2N

IBAN CY43002006680000000101792500

BANK NAME Bank of Cyprus Public Company Ltd

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