

# TAEKWON-DO ITF



INTERNATIONAL TECHNICAL SEMINAR  
AND INSTRUCTOR COURSES



**GRAND MASTER**  
Prof. Yuri Kalashnikov



**IX**

**September**  
**24-25**

In the very heart of our Motherland  
**2022** at the origins of Russian  
Taekwon-Do

**MOSCOW**



**INTERNATIONAL TECHNICAL SEMINAR &  
INTERNATIONAL INSTRUCTORS COURSE**

**Under the guidance of Grand-Master IX Dan  
prof. Yuri Kalashnikov**

**24-25 September 2022**

**Moscow**



**Date: 24-25 September 2022 r.**

**Venue:** Moscow, Sirenevy Boulevard, 2 (RSUPE)  
Gym

**Participants:** The minimum age of participants is 11 years old with a qualification of at least 2 gyp.

Each participant of the International Technical Seminar and Instructor Course must register through the ITF Database by following the link:

<https://data.taekwondo-itf.com/event/21662/3836>

**Registration ends on 1 September 2022**

**The cost of the registration fee:**

under 2 dan - 2 500 rub.

3 Dan and above - 3 000 rub.

**Schedule:**

**1-st day / 24 September 2022**

09:00-10:00 - Registration

10:00-13:00 – International Instructors courses

13:00-14:00 - Lunch

14:00-18:00 – Technical seminar

18:00-19:00 - Lunch

**2-nd day / 25 September 2022**

10:00-13:00 – Technical

13:00-14:00 - Lunch

14:00-18:00 - Certification

**Organizers:** Taekwondo Federation ITF in Moscow

[www.taekwondo-moscow.ru](http://www.taekwondo-moscow.ru)

Russian Taekwon-Do Federation [www.itf-russia.ru](http://www.itf-russia.ru)

**Chairman of the Organizing Committee:**

Gulyaev Alexey tel. 8 (916) 161-16-88

E-mail: [itf13@mail.ru](mailto:itf13@mail.ru)

**Accommodation:**

1. Izmailovsky Park Hostel (prices from 1.850 a day, 900 m.)
2. Lamai Hotel on Pervomayskaya (prices from 1.500 a day, 1.6 km)
3. "Nika" Hotel (prices from 2.400 per day, 1.4 km)
4. "Fairy Tale" - design hotel in Izmailovsky Kremlin (prices from 2.300 per day, 940 m.)
5. Park Inn Radisson Izmailova Moscow (980 m.)



**Servises:**

- "Yandex.Travel"
- "OneTwoTrip"
- "Ostrovok.ru "
- "Tutu.ru Hotels"
- "Sutochno.ru"
- "Hotellook.ru "
- "101hotels.com "

Attention!!! For certification for 4 dan and above, it is necessary:

- Availability of wooden boards /size 30x30 / for breaking at least 4 pieces
- Certification fee
- ITF Booklet

In addition to the registration fee, all participants of the International Technical Seminar, according to the Regulations of the ITF, pay a fee to the International Taekwondo Federation of the ITF

	Participation in the seminar (if you have an ITF Booklet)	Participation in the seminar (ITF Booklet is missing)
under 2 Dan	50 €	80 €
3 Dan and above	100 €	165 €

Participants of the Instructor course, according to the Regulations of the ITF, pay a fee to the International Taekwondo Federation of the ITF

	Participation in the seminar (if you have an ITF Booklet)	Participation in the seminar (ITF Booklet is missing)
International Instructor	100 €	150 €

ITF Booklet making cost 35 €.

Each International Instructor, according to the ITF Regulations, is required to have an ITF plate.

The cost of making a plate of ITF 180 €.



# Sights of Moscow



Moscow Kremlin and Red Square



The most famous and visited sights of Moscow. The Kremlin towers, decorated with chimes and five-pointed stars-rubies, are considered a symbol of the metropolis. The construction of the Kremlin, as an object for the defense of the city, began in the 12th century. In the future, it was reconstructed and completed many times. If you don't know where to go in Moscow on public holidays, by all means come to Red Square. Cultural festivities, various fairs and festive events are organized here.

Official site: <https://www.kreml.ru>

## St. Basil 's Cathedral



The construction of the temple complex began in honor of the capture of Kazan by order of Ivan the Terrible. Initially, the facade was made in white and red colors, and the dome was gilded. However, after the fire that occurred in the 13th century, the temple "acquired" the current delightful multicolored domes.

*Официальный сайт:* <http://www.patriarchia>

## Moscow City



## Cathedral of Christ the Savior



Orthodox cathedral church, presented to the city in memory of the victory in the Patriotic War. Construction work lasted for over 40 years, the famous architect K. Ton was engaged in the implementation of the idea. At the time of the Soviet government, the temple was almost completely destroyed. However, in 1994-1997 it was reconstructed, making it one of the main historical attractions of the capital.

*Официальный сайт:* <http://new.xxc.ru/>

## Church of the Ascension in Kolomenskoye



## Tsaritsyno Museum-Reserve



## Kremlin in Izmailovo



If your trip to the capital involves getting acquainted with Russian architecture, go on a tour of this 17th-century landmark. The current building was erected according to ancient drawings and sketches of that time as an attraction for travelers. Today, a temple, several taverns, a museum and artisans' shops are open on the territory of the Izmailovsky Kremlin.



## Bolshoi Theater



The key ballet and opera scenes of our country in different eras. The date of construction of the first theater building is 1825. Subsequently, it was restored and rebuilt several times. An ideal place for those who are interested in excursions in Moscow dedicated to the world of art.

Официальный сайт: <https://www.bolshoi.ru/>

## The State Tretyakov Gallery



<http://www.tretyakovgallery.>

## Victory Park on Poklonnaya Hill



An object created in honor of the great victory in the Second World War. There are museums on the territory of the exhibition complex, the exhibits of which tell about the events of the terrible war. Not so long ago, a memorial dedicated to the soldiers of the First World War was opened on Park Square.

*Official site:* <http://www.poklonnaya>

## VDNH (VVC)



A popular holiday destination for Muscovites and tourists from around the world. Interesting museums, organized cultural and entertainment and business events, reconstructed historical pavilions, high quality of pastime are the reasons for the "boom in attendance" of modern VDNH.

*Официальный сайт:* <http://vdnh.ru/>

## Old Arbat Street



## State Department Store



One of the main attractions of Red Square. The majestic building of the 19th century will meet you with numerous shopping malls. In modern GUM there are original showrooms, historical shops and expensive boutiques of the most famous brands of the Earth. If you are aiming for high-class shopping, and you can afford really expensive purchases, a walk through the department store will give you a lot of pleasure.

Official site <https://gum.ru/>

## Moscow Zoo



*Official site: [moscowzoo.ru](http://moscowzoo.ru)*

## Gorky Park



**Welcome to Moscow, the  
capital of our Motherland!**

