



# ITF INTERNATIONAL TECHNICAL SEMINAR IN FINLAND 21<sup>ST</sup> - 22<sup>ND</sup> JANUARY 2023

**CONDUCTED BY MASTER JEAN FELLER VIII DAN**

MEMBER OF ITF TECHNICAL-AND EDUCATION COMMITTEE, MEMBER OF ITF JUNIOR AND VETERAN COMMITTEE, SPECIALIST QUALIFICATION IN COACHING, FOUNDER OF ITF FINLAND

## **SEMINAR PROGRAM INCLUDES:**

Fundamental exercises, Patterns, Self defense, Mobility exercises, Exercises for deep core muscles, Exercises to adopt latest technical updates, Tips and tools for better kicking techniques, Better muscle balance and body posture exercises, Examples how use body power better in powerbreaking, and more.

**ONLINE AND PHYSICAL PARTICIPATION POSSIBLE | SEMINAR IS FOR 4GUP AND ABOVE |  
OFFICIAL ITF SEMINAR WITH SEMINAR CODES | ORGANIZER: ITF HQ & ITF FINLAND |  
REGISTRATION ONLY VIA ITF DATABASE, LATEST 16<sup>TH</sup> JAN 2023**

**CONTACT INFO:**

[NGB@ITFTAETKWONDO.FI](mailto:NGB@ITFTAETKWONDO.FI)

[WWW.ITFTAETKWONDO.FI](http://WWW.ITFTAETKWONDO.FI)

## **INFO PACK:**

### **INTERNATIONAL TECHNICAL SEMINAR IN FINLAND 21st-22nd OF JANUARY 2023**

Dear GrandMasters, Masters, Instructors and Taekwon-Do Students!

It is my pleasure and honor to Welcome You all to the International Taekwon-Do Federation; Official International Technical Seminar (ITS), which will be held in Finland 21-22 of January 2023.

Organizers are ITF Finland- and ITF HQ.

The purpose is to hold a seminar, that you can participate in physically or through an online connection. Each participant receives the ITF HQ's official seminar code and a certificate of participation. Those who wish, can also order an ITF HQ official certificate as well, if needed. The seminar is taught in English.

#### Historical Event

The seminar in itself is historic in Finland because we do not know that anyone from Finland has previously conducted an Official Taekwon-Do seminar in Finland.

Because of this, of course, I hope Your support for the seminar, in the form of participation, also from other member countries of ITF.

From the seminar: tools for adopting updates, in addition to updates

In addition to attending the seminar, e.g. patterns, step by step, with the updates of the ITF Technical- and Education Committee from recent years are brought out, also, are intended to provide tools, in the form of exercises, on how to make the updates available to students effectively.

We focus on e.g. for the body's muscle balance, for increasing joint mobility. We tell you with the help of exercises how e.g. body rotation can be used in kicks, maintaining the natural angle of the body posture and examples of how to use the additional power brought by body mobility, e.g. in power breaking and self-defense, an example with the help of exercises.

In the near future, we will send an info package with more detailed information of seminar. Registrations for the seminar through the ITF Database.

Welcome to start year 2023, with our ITS Seminar !

Master

Jean Feller

FL-8-1

ITF Finland

conductor of ITS seminar

member of ITF Technical-and Education committee

member of ITF Junior- and Veteran committee

Specialist Qualification in Sport Coaching VEAT, founder of ITF Finland

## **Seminar Date and Venue**

Seminar date: 21st-22nd of January 2023

Seminar Organizer: ITF HQ and ITF Finland

Venue: Stadin Ammattiopisto Address: Savonkatu 4, Helsinki, Finland

Contact info: [ngb@itftaekwondo.fi](mailto:ngb@itftaekwondo.fi), [www.itftaekwondo.fi](http://www.itftaekwondo.fi)

Seminar is open 4gup (Blue belt) and above

**Seminar registration is open until 16th of January-23 in the ITF Database at:**

<https://data.taekwondo-itf.com/event/31971/3918>

**NB ! This seminar can be attended physically or via Online ( Zoom )  
Links to Online seminar will be sent one day before Seminar via email.**

### **Time schedule:**

Saturday, 21st of January 2023:

am09.00 - 12.00:

-Mobility exercises: how create better mobility and muscle balance to adopt new tkd techniques easier and faster and ideal body posture for tkd

- Color belt patterns :step by step with latest updates from ITF Technical- and Education Committee

- Exercises to create better kick techniques while keeping ideal body posture:

\* how use knee rotation ex. In one leg stance

\* how use body rotation during kicks

\* how bring body weight over the supporting leg during kick

\*etc.

Saturday pm 14.00-17.00

- Deep Core muscles exercises to create stronger Core- area, to be as your "engine" which evenly distributes power and speed to the arms and legs

- patterns continues: step by step with updates and corrections of body posture, the correct tension and relaxation of the technique together with breathing

Dinner: pm 19.30 : place will be announced later

Sunday 22nd of January 2023

am09.00-12.00:

- Combination of mobility & Core-exercises: to create more multi functional body for Taekwon-Do; few examples of 2nd level exercises
- patterns continues step by step with updates with control of body posture, timing of breathing

pm14.00 - 17.00:

- step sparring (3,2,1)
- Self defense exercises with fundamental techniques: how use tkd stances in self defense
- Powerbreaking examples: how use body rotation in powerbreaking

**Training equipments what you need during seminar:** tkd uniform, tkd belt and stick, rope etc.  
About 1,5 m length for mobility exercises.

**NB ! the time zone in Finland is EET (East European Time ) in Winter**

### **Participating fees**

Up to 2.dan : 50,- € with ITF Booklet                      80,- € without ITF Booklet

3.dan and above: 100,- € with ITF Booklet            165,- € without ITF Booklet

GrandMasters and Official ITF Seminar Conductors, seminar is free

Other Masters: 30,- € registration fee

Official Certificate from ITF HQ: 30,- €

All participants will get certificate of participating via email after seminar and also ITF HQ official seminar code (JF-ITS-1-xxx)

Payments should done 16th of January-23 latest:

Bank account: FI58 5554 0920 0846 46

Account owner: ITF Taekwon-Do Liitto ry

BIC-code: OKOYFIHH

Bank name: Osuuspankki Uusimaa

## Accommodation in Helsinki

There many hundreds hotels in Helsinki, Finland. Easier is select Hotel ex.via **Hotels.com** website

Here is few examples of Hotels:

SOKOS Hotel Tripla: only 100 m away from seminar venue. Easy just walk to venue.

[Original Sokos Hotel Tripla - sokoshotels.fi](http://sokoshotels.fi)



OmenaHotels are so called "cold" ones, you order via website and pay and there is no personnel in hotel usually: [www.omenahotels.com/en/](http://www.omenahotels.com/en/)



OmenaHotels in Center of city are "Kamppi" and "Lönrotinkatu" OmenaHotels which you find in that website

GLO Hotels: [www.glohotels.fi/en/](http://www.glohotels.fi/en/)



Most popular is **GLO Art Hotel** which you will find in that website too. It has quite unique outfit in whole building in center of Helsinki

Radisson Hotels: <https://www.radissonhotels.com/en-us/>

There are few ones and most popular ones are in heart of Helsinki,

**Radisson Blu Plaza and Radisson Blu Royal Hotels**, wich you find via this website too



## Climate in Helsinki



### Temperature

Located in far northern Europe, Helsinki, Finland faces a **cold January**, though its proximity to the ocean keeps it slightly warmer than the rest of the nation. The average temperature in Helsinki is -5°C throughout the month of January. The average high during January is -1°C and the average low is -9°C, just slightly warmer than February, **the coldest month of the year** in Helsinki.

### Rain

This chilly month also has an average of 16 days of rainfall, only totaling up to 60mm of rain. The chance of rain decreases throughout the month as a dryer February approaches.

### Sunshine Hours

The days are short in Helsinki this month, starting off at about 6 hours of **sunlight** each day, though they get longer throughout the month and daylight lasts for nearly 8 hours by the end of January. The sun rises at 9:30 in the beginning of the month and sets at 15:30. By the end of the month, sunrise is at 8:30 and sunset is at 16:30. Located on the Baltic Sea, the sea temperature near Helsinki averages around 1°C this month, hovering just above **freezing**.

