

Big winter camp and EXAMS

Take advantage of the winter holidays and come and practice for a few days and take exams!

WHEN: Dec 25 2024 – Jan 5 2025

Arrival on 25th December no earlier than 11:00 (first day, other days anytime). First training from 11:45.
End of the event and departure around 15:00 (not without handing over the cleaned room).

WHERE: our centre Beztahov near Votice (map on www.tkd.cz)



WHO: The camp is suitable for everyone, including complete beginners.

The camp is intended for all interested persons. Exams will take place on the last day at approximately 13:30. For pre-exams and to participate in one of the TKD exams, you need to complete at least a complete final 2-day training. This means that you must arrive no later than the morning of 4 January between 9:00 and 10:00. Alternatively, it is also possible to attend a minimum of 3 full other days and arrive for the final exams if successful. As the number of practice sessions increases, so do the chances of a successful pre-exams. The exams are only for registered members of the school who pay their dues properly (also applies to other martial arts).

PRICE: Basic price: 1 day = 1000CZK minus discounts

Discounts:

- 50% each third and additional family member, GBHS teachers and lifetime members
- 10% for registration and deposit 1500Kč paid for Big Winter by **18 Dec**
- 5% of the whole camp

The price includes food, drink, training, accommodation and any exams and equipment necessary for each technical level (doboks, belts, paws, pads....). Equipment will not be provided to 9 year olds or older who have not been to camp for at least two days and have been in our school for more than 13 months. **No discounts are available for payments after the event, including refunds.** Please register only through the Events Schedule www.tkd.cz. Pay preferably to the school account **2001870779/2010 (IBAN CZ53 2010 0000 0020 0187 0779, SWIFT FIOBCZPP)** with the generated VS after registration or to the teachers. Additional fees and payments can be made on site on arrival. Deposits are refundable only if excused two days prior to the start of the entire camp for serious documented medical reasons.

PROGRAMME: Three training sessions a day. Beginners will have a separate group in order to raise their technical level as much as possible. You can expect many games and competitions. At the Big Winter traditional competition for the best brought Christmas cookies, salad or schnitzel. Of course, expect an extraordinary Korean New Year's Eve party!!! Korean cuisine, Korean movies, midnight training, fireworks... The last day of the year will be trips with less training. Other activities to look forward to throughout:

Haidong gumdo - the way of the Korean sword, 25-27 Dec HG weekend, there will be other trainings and at the end possible first exams

Buddhism and meditation - 3-4 January - traditionally a visit of a Korean Buddhist monk with theoretical and practical teaching

Korean - 25-27 December, learning the correct pronunciation of commands, counting, body parts and swords... with a Korean teacher

Filipino martial arts - 1-3 Jan how they can help FMA taekwondists, coordination, speed and timing with FMA Grandmaster

Preparatory seminars for the European Championship TKD - 27-28 Dec top events with the best Czech teachers. Come for an intensive workout and support the self-payers.

Christmas GBHS open – 27-28 Dec competition of individuals in all 4 disciplines with the auspices of the association, support of self-payers ME

TO TAKE WITH: school dobok from the yellow stripe belt, school pads from the green belt, school lapa from the yellow belt, training knife from the 1st kup, pencil, paper, clothes and shoes for outdoor and indoor exercise, good mood and desire to exercise and learn, health card. We only support equipment acquired or purchased in our school, exceptions are made for current national team members on ITF and EITF approved pads and Ukrainian refugees on their imported equipment. It is necessary to bring a **SLEEPING BAG** and/or a pillow. Strict prohibition of valuables and large sums of money for minors. I will leave the equipment of mobile phones to the discretion of the parents and their responsibility. Maybe skis in case of snow for adults. Allergy sufferers and the like, please be well equipped with medication and report any medical problem that might limit training in advance!!!

PLEASE NOTE: -For younger unaccompanied children, we assume basic hygiene habits, knowledge the clocks, knowledge of right and left side, ability to communicate with the teacher, which every parent must support. If this is not the case, unaccompanied participation is impossible.

- We are not going to the seaside for a holiday, so expect a reasonable physical load.
- By attending this event you significantly increase your chances of qualifying for the exams and competitions.
- Each underage child will have a phone number for their parents, preferably a cell phone.
- In the event of insubordination, anyone may be expelled from the event without refund at the discretion of the teacher or may be ordered to pay damages.
- It is better to read the whole leaflet again and then ask if you are unsure.
- **Last chance for STM/STS members to fulfill their training obligations**

INFO AND OPTIONS: urgent **Martin Zamecnik +420 603 302 739**, regular - info@tkd.cz

!See you at camp!