<u> Knowledge and experience camp - Korea 2025!!!</u>





JUL 5th (departure from Prague) – 18th (departure from Seoul), Hotel Orakai, Insadong – a high-end suite-type hotel in central Seoul with sauna, steam room, swimming pool, hot tub, gym and gymnasium. A couple days trip to Daejon and other trips.

CZK 54,900 – the price includes accommodation, training, meals, transport costs in Korea, entrance fees. The price does not include the flight ticket (currently the cheapest around 18,000 CZK with a transfer, Master Zamecnik is flying in these days with Korean air directly for CZK 24400, I recommend buying it soon). By Feb 1st, it is necessary to pay a non-refundable deposit of CZK 35,000 to the school account 2001870779/2010 (IBAN CZ53 2010 0000 0020 0187 0779, SWIFT FIOBCZPP). After this date, we do not guarantee the same price or the same hotel, but it is possible to change the participant's name. The rest is necessary to pay till June 6. Children under 15 only with the approval of the event organizer - Master Martin Zamecnik, tel.: +420 603302739.

The exact training program will be determined according to the composition of the participants and adapted to the weather, physical condition and interests of the participants and coping with a significant time difference. The event is conceived as a mix of cultural, historical, gastronomic traditions of Korea, Korean language, and Korean martial arts. We expect all participants to be interested in martial arts and attend all their martial arts trainings and at least partially participate in others. We recommend travel insurance to everyone.

Here is just a small taste: Monuments - Royal Palaces, National Museum, Monuments related to historical figures and events from ITF Tuls, leading Buddhist monasteries, Royal Tombs, Suwon Fortress, Jeju Island....

Culture – traditional hanbok suit, shopping in modern hypermarkets or small streets and markets, modern Gangnam district, Bukhasan nature park, traditional Korean hanok house, old-school teahouses, hot foot spa in Daejon...

Mudo - ITF, taekkyon, hopae sool, gumdo, sonmudo, archery, ssireum..., visit to Kukkiwon, individual lessons with grandmasters.

Example of a day's schedule:

8:40 hotel breakfast or traditional ramyon in the room and Korean language lesson

10:00 – 11:00 stretching and training of kicks and tuls in the hotel pool, whirlpool, sauna

11:45 – 13:00 TKD ITF training at a local school with Master Yu

13:30 lunch at a Korean restaurant focused on mandu (dumplings) and kimbab (sushi)

14:30 - 19:00 visit Ahn Joong guna memorial and climb Namsan mountain, taste rice cakes

19:30 – 21:00 Health Taekyun and Hopae Sool training with Grandmaster Do Ki Hyun

21:15 Korean grill - samgyopsal, kimchi, kaktugi and ubiquitous garlic; all unlimited!

