

# 2019 International Taekwondo Master & International Taekwondo Hosinsul(self-defense) Course in Denmark

**Dato:** 30.sep til 5. okt. 2019.

**Sted:** Idrætshøjskolen Bosei, Præstø

**Arrangør:** Kukkiwon, SimUU Danmark i samarbejde med Dansk Taekwondo Forbund

**Undervisere:** Instruktører fra Kukkiwon.

**Pris og tilmeldingsfrister** kommer senere

**Yderligere Oplysninger:** Søren Holmgård Knudsen, shknuksens@webspeed.dk, +4527273154

Master Course, 30. Sep - 3. Okt, 2019

Type	Class	Eligibility Criteria
♦ Graduation (Certified Course)	1st	Kukkiwon 8 <sup>th</sup> ~ 9 <sup>th</sup> Dan and 2 <sup>nd</sup> Class Master Certificate
	2nd	Kukkiwon 6 <sup>th</sup> ~7 <sup>th</sup> Dan and 3 <sup>rd</sup> Class Master Certificate
	3rd	Kukkiwon 4 <sup>th</sup> ~5 <sup>th</sup> Dan (Prior to birth of December 31, 2000)
♦ Completion (Preliminary Course)	-	Kukkiwon 2 <sup>nd</sup> Dan or 3 <sup>rd</sup> Dan (Prior to birth of December 31, 2000) ※ The certificate could be issued after 4 <sup>th</sup> Dan Promotion test if completed the course successfully.
♦ Refresher Course	-	Holding 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> Class Master Certificate (providing the letter of completion)

Indhold

Type	Subject	Hour
♦ Special lecture	• Special lecture	2
♦ Theoretical Subjects	• Taekwondo Education	2
	• History of Taekwondo	2
	• Rules & Regulations for Promotion Test	2
♦ Practical Subjects	• Terminology & Basic Movement	4
	• Poomsae I	8
	• Poomsae II	8
	• Gyeorugi(sparring)	8
♦ Others	• Orientation (Opening & Closing)	2
	• Testing	2
♦ Total		40

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Hosinsul Course, 04.Okt - 05.Okt, 2019

Type	Class	Eligibility Criteria
♦ Graduation (Certified Course)	3rd	Holder of the 3 <sup>rd</sup> Class Master Certificate
♦ Completion (Preliminary Course)	-	Kukkiwon 2 <sup>nd</sup> Dan or 3 <sup>rd</sup> Dan (Prior to birth of December 31, 2000) * The certificate could be issued after passing the 3 <sup>rd</sup> Class Master Course if completed the course successfully.

Indhold:

Type	Subject	Hour
♦ Special lecture	• Special lecture	2
♦ Theoretical Subjects	• Theory and Principle	2
♦ Practical Subjects	• Basic kick and punch, defense, break-fall	3
	• One step sparring	3
	• Defense for a kick	4
	• Break-fall, basic movement of wrist pulling-out	3
	• Movement of Wrist Locking	3
♦ Others	• Orientation (Opening & Closing)	2
	• Testing	2
♦ Total		24

Med sportslig hilsen

Freddie Larsen, SimUu  
Søren Holmgård Knudsen, DTaF