



Taekwondo Camp Hillerød

As an attempt of starting a new camp within the Danish Taekwondo Federation, we are arranging a three day camp for all students with the Danish Taekwondo Federation. The camp will have instructors from both Denmark, Norway and England and have focus on the broad spectrum of Taekwondo. Besides Taekwondo, the participants will also have the opportunity to try the Korean martial art of Hapkido and the martial art of Kyusho, pressure point fighting and of course different angles of Taekwondo, sparring, poomsae, basic technique and everything in between.

Free sleeping arrangements at the center



When?

From the 23rd - 25th of november 2018



Price

Training, all three days - no meals: **58£ or 480 dkk.**
Meals all three days: **49£ or 420 dkk.**
Training and meals, all three days: **106£ or 900 dkk.**

Important!

- Bring your good mood and spirit
- Be open minded
- Bring your best intentions and be free of injuries



Where?

Frederiksborg Centeret
Milnersvej 39
3400 Hillerød
Denmark



Contact us

Web address: www.taekwoncamp.dk
Email: organizer@taekwoncamp.dk



Registration

Sign up here if you wish to participate in our camp. After registration you will receive info on payment by email.
<https://tinyurl.com/hillerod-uk>

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Meals at the camp

The food and meals are always of outmost importance at a camp of any sort as the energy level is very high. So to accommodate this we made a deal with the professional chefs at the center. These chefs have a great deal of expertise in preparing and setting up the right type of menu for this kind of event. The meals included, when you buy the meal package, are these:

Friday evening: late snack **

Saturday: breakfast, lunch and dinner

Sunday: breakfast and lunch

** Can be bought if you choose not to buy the meal package

Camp instructors

At the Taekwondo Camp Hillerød we have been so fortunate to get a hold of some very competent instructors who will be in charge of all training at the camp. The instructors will bring a lot of different input, including Hapkido, sparring, taegeuk/poomsae, Kyusho, applications and other input. The final schedule/program will be available at Camp kick-off.

Sleeping arrangements

We offer free sleeping arrangements at the Center, in an adjacent room. Please remember to bring your own sleeping bag, pillow and mattress or whatever you prefer. *Please observe that neither Hillerød Taekwondo Club or the Center can be held accountable for loss of items during the duration of the camp.* So please find a way to bring your valuables with you, that means wallets, cell phones, iPad and other valuables.

About participants

It is our wish to arrange a camp where we focus on the broad spectrum of Taekwondo, so it is our intention to have a camp where everybody can train and have a fun time doing it. So this camp is not in any way focusing on Elite level training. Since we selected to have foreign instructors at the camp, there will be a couple of demands:

- Students have to be at least 13 years of age
- At least one year of training or green belt
- Maximum capacity of 120 students

Registration and payment

Final sign-up and payment in order to participate will be **September the 14th 2018.**

Link to our online registration is on the first page of this flyer. **Once you have signed up you will receive an email containing info on payment.**

Reservations

Hillerød Taekwondo will reserve the right to cancel or adjust the schedule/program if the need for this should rise or in the event that the number of participants be less than expected.

Instructors

Sigvald Martinsen (Norway) 8th dan

Grandmaster Sigvald holds 8th dan in Taekwondo and 5th dan in Hapkido. Sigvald founded in 2001, the Nordic Taekwondo Hapkido Alliance.

Karin Schwartz (Denmark) 7th dan

Karin holds 7th dan in Taekwondo and has been training Taekwondo for 38 years. Karin won silver at the Olympics and had a longlasting career in the Danish national sparring team.

Carsten A. Pedersen (Denmark) 7th dan

Carsten holds 7th dan and has been training for 32 years. Has been a censor at Danpromotions in both Sim Uu Taekwondo and the Danish Taekwondo Federation for the last 18 years.

Damian Burton (England) 4th dan

Damian is a Chung Do Kwan 4th dan and has more than 25 years of experience. He has been training both WTF and ITF Taekwondo and had clubs in both Portugal and Spain.

Soeren Thestrup (Denmark) Chuden level

Soeren has been training Taekwondo since 1983 and has since 2006 been doing Kyusho Aiki Jutsu. Soeren also trained the Russian martial art of Systema. He holds a 2nd degree black belt in Taekwondo and is currently active in Noerrebros Son Bong.

Suggested packing items

- Dobok (plural, for three days)
- Taekwondo belt
- Sparring kit (body protection, groin protection, helmet etc.)
- Swimming suit (public swimming next door)
- Sleeping bag, mattress and pillow
- Money (there is a cafe at the center)
- Medicine (if relevant)
- Needle, band aid and ice packs (if injury occurs)
- ...and what else you might need