

Invitation
Weekend Training for Red/Black belts
10 - 12. Sept. 2010
Erich-Köstner-Schule
Hamburger Str. 70. 24568 Kaltenkirchen. Germany

Friday. 10. Sept. : Arriving.

Maybe we take the dinner (Buffet) together in Hamburg at 20.00

Chinese Restaurant TINH HOA, Holstenstr. 28, 24568 Kaltenkirchen.

Saturday. 11. Sept.:

08.00 - 09.30: Breakfast

10.00 - 11.30: Training. Advanced Techniques /Combinations (Allan Paulsen)

11.30 - 13.30: Lunch

13.30 - 15.00: Training. Jump/ flying Kicks (Ky Thuy)

15.00 – 15.30: Pause

15.30 - 17.00: Training. Hanbon/ Honsinsul (Timo Hermann)

17.00 – 17.30: Pause

17.30 - 19.00: Training. Fighting Technics (Dennis Hafstrom)

19.30 - 21.00: Dinner, maybe BBQ

Sunday 12. Sept.:

08.00 - 09.30: Breakfast

10.00 - 12.00: Training. Poomsae/ Combinations (Claus Thomsen)

12.30 – 14.00: The End and Farewell

General Information:

Contact: Ky Thuy

Phone: 0049-40-33 98 34 94

Mobil: 0049-177-600 44 04

E-mail: kythuy@dang-design.de

The Seminar will instruct by Ky Thuy 7. Dan, Allan Paulsen 5. Dan, Claus Thomsen 5. Dan, Timo Hermann 5. Dan, Dennis Hafstrom 2. Dan

The Seminar cost 15,00 Euro (Incl. 2x Breakfast, 1x Lunch, 1x Dinner). Please bring your Sleeping bag. At least 2 Dobogs, TKD Shoes, Fighting Protections and some Punching & Kicking Pads.

Registration: Deadline 05.09.2010, please sign up exactly how many persons and when you will arrive.

Participants: until now 47 Participants.

- Nyborg 5
- Munkebo 1
- Team Odense 1
- Hvalsø 2
- Albertslund 3
- Sønderborg 10
- Ballerup 14
- Tangun (Oktay) Hamborg 5
- Øvrige Hamborg 2
- Kaltenkirchen 4