



ITF  RADIX



24.–25.2.2018

Tampere Taekwon-Do club presents for the first time in Finland **ITF Radix** seminar.

The description of ITF Radix:

*The word Radix means “root” (of a plant) or “the smallest meaningful unit” (of a language). It refers to the goal of our project: to research the roots and the tactical treasures of the ITF Tul to recover and develop techniques that have meaningful self-defence applications.*

ITF Radix concept and seminar is suitable most of all for those Taekwon-Do practitioners who are willing to have a new perspective on patterns and learn practical applications of Taekwon-Do techniques in self-defence.

#### **INSTRUCTORS**

ITF Radix developers Robert Boer 6. dan (The Netherlands) and Roy Rolstad 5. dan (Norway).

#### **FOR WHOM**

Seminar is open to all Taekwon-Do practitioners from 4 gup on. Minimum age 14 years.

#### **LOCATION**

Sport center Nääshalli, Näsijärvenkatu 8, 33210 Tampere Finland. Training hall Budo 4.

#### **TRAINING SCHEDULE**

##### **Saturday 24.2.2018**

10.00 – 12.00 Training 1  
12.00 – 13.30 Lunch break  
13.30 – 14.00 Photo session  
14.00 – 17.00 Training 2

##### **Sunday 25.2.2018**

10.00 – 12.00 Training 3  
12.00 – 13.30 Lunch break  
13.30 – 16.00 Training 4  
16.00 – 16.30 Certificates and ending of the seminar

#### **REGISTRATION AND SEMINAR FEE**

Seminar fee is 90 euros regardless of how many trainings you will participate in. Registration is to be done online ([www.taekwon-do.fi/ilmoittautuminen](http://www.taekwon-do.fi/ilmoittautuminen)), the deadline is 11.2.2018. Ask for access to the registration system from: [lasse.kuusisto@taekwon-do.fi](mailto:lasse.kuusisto@taekwon-do.fi).

There is no refund for the seminar fees except due to a medical condition. In that case please send a medical certificate by 4.3.2018 via e-mail: [rahastonhoitaja@taekwondo-tre.fi](mailto:rahastonhoitaja@taekwondo-tre.fi). Otherwise, the whole seminar fee must be paid if cancellations are made after 11.2.2018.



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Seminar fees should be paid by each participating club in the bank account of Tampere Taekwon-Do club:

Receiver: Tampereen Taekwon-Do seura ry  
Bank: Nordea Bank Finland BLC  
Aleksanterinkatu 36  
FI 00020 Nordea, Finland

Bank account: FI6211473000209631.  
BIC: NDEAFIHH  
Due date is 12.2.2018.

Note! If you need a receipt of payment please contact the treasurer of Tampere Taekwon-Do club: rahastonhoitaja@taekwondo-tre.fi

#### ACCOMODATION

The center of Tampere city is about 1,2 km's from the sport center Nääshalli and there are several options for accommodation nearby.

There is a special discount of 15% available in three hotels (Cumulus Hämeenpuisto, Cumulus Koskikatu, Holiday Inn Tampere- Central Station).

Note! The discount is valid only according to availability of the rooms, so the sooner you will do the booking, the more likely you will get the discount.

Booking of the room is to be done via Restel booking center:  
my.reservation@restelhotels.fi or tel. 020 055 055 (0,17€ /call + 0,81 €/min) number selection 1.

Use code: **ITFRADIX** when booking the room.

You can book an accommodation also from e.g. the following hotels:

<https://www.sokoshotels.fi/>  
[https://www.scandichotels.fi](https://www.scandichotels.fi/)  
<https://www.dreamhostel.fi/>  
<https://www.omenahotels.com>



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#### **DINING**

There is no lunch or dinner served at the training hall. There are however a couple of grocery stores nearby training hall Nääshalli. In addition, there are many restaurants in the Finlayson area, which is located only a few hundred meters from Nääshalli.

#### **MORE INFORMATION**

All participants will get a certificate of participation at the end of the seminar.

#### **ADDITIONAL INFORMATION**

Contact person: Heli Karjalainen, [heli.karjalainen@tamtkd.net](mailto:heli.karjalainen@tamtkd.net)

Internet: [www.tamtkd.net](http://www.tamtkd.net)

Facebook: <https://www.facebook.com/events/877440205764649/>