
International Taekwon-do seminar

Schedule

Saturday June 21, 2025

7:30 – 8:30 Arrival, accommodation and registration of participants

8:30 – 9:00 Welcoming and opening ceremony

9:00 – 12:00 Training (patterns, basic techniques and their application)

12:00 – 14:00 Lunch break

14:00 – 17:00 Training (patterns, sparring and fighting techniques, self-defense)

17:30 – 18:30 Dinner

19:00 – 21:00 Meeting with Grand Masters in the meeting room

Sunday June 22, 2025

7:30 – 8:30 Breakfast

8:30 – 9:00 Individual training and consultations

9:00 – 12:00 Training and preparation for the black belt testing (patterns, sparring, self-defense)

12:00 – 14:00 Lunch break

14:00 – 16:00 Black belt testing supervised by Grand Master Lee (IX.Dan)

16:30 – 17:00 Closing ceremony, all participants will be awarded a special diploma

18:00 - 0:00 Dinner and farewell party for the Grand Masters