



## I.T.F. Switzerland Taekwon-Do Federation

Werkstrasse 2e, 8630 Rüti  
Mobile +41 (0) 79 816 63 24



To: All ITF/AETF National Associations

Subject: International Instructors Course in Zürich (Switzerland), April 2020

Dear Grand Masters, Masters, Instructors, and students,

I.T.F. Switzerland Taekwon-Do Federation has the honor to invite you to the International Instructors Course (IIC) in Zürich, Switzerland. The IIC will be held from Friday 3<sup>rd</sup> to Sunday 5<sup>th</sup> of April 2020. This is the first IIC in Switzerland and we hope that you will join us

The seminar will be conducted by the ITF Technical Committee:

**Grand Master Marano** (9th Degree - Argentina)

**Grand Master Lan Kim Ung** (9th Degree - Germany)

**Master Paul McPhail** (8th Degree – New Zealand)

The venue will be at **Stiftung Sport Halle Stighag**, Sportweg 1, 8302 Kloten ZH.

The event is open to all ITF members from 1st degree to 9th degree.

On behalf of the Organizing Committee and I.T.F. Switzerland we hope that you will join us in the beautiful and amazing city of Zürich for this event.

Yours in Taekwon-Do,

Jorge Züger  
President I.T.F. Switzerland  
[jorge.zueger@taekwondo-itf.ch](mailto:jorge.zueger@taekwondo-itf.ch)

Michael Leuenberger  
Secretary General I.T.F. Switzerland  
[michael.leuenberger@taekwondo-itf.ch](mailto:michael.leuenberger@taekwondo-itf.ch)



## I.T.F. Switzerland Taekwon-Do Federation

Werkstrasse 2e, 8630 Rüti  
Mobile +41 (0) 79 816 63 24



### Time Schedule

#### Friday 3<sup>rd</sup> of April 2020

From 11:00 to 13:00 hrs. Accreditation  
From 13:30 to 17:30 hrs. Seminar

#### Saturday 4<sup>th</sup> of April 2020

From 9:00-13:00 hrs. Seminar  
From 13:00 to 15:00 hrs. Lunch  
From 15:00-17:00 hrs. Seminar  
From 20:00 hrs. Evening Banquet

#### Sunday 5<sup>th</sup> of April 2020

From 09:00 to 13:00 hrs. Seminar  
From 13:00 to 14:00 hrs. Closing of IIC/Group pictures  
After 14:00 hrs. Promotion examination test

### Course content

The ITF International Instructors Course will include the following program and/or qualifications:

1. Patterns from Chon-Ji up to Tong-Il
2. Step sparring
3. Self defense
4. ITF International Instructors Qualification (4<sup>th</sup> Degree and up)
5. Grading up to 8<sup>th</sup> Degree (permission from NGB and ITF is needed)

### IIC Seminar Fee

1<sup>st</sup> to 3<sup>rd</sup> degree: € 120  
4<sup>th</sup> to 6<sup>th</sup> degree: € 150  
7<sup>th</sup> to 8<sup>th</sup> degree: € 75  
9<sup>th</sup> degree: € 0,0

### ORGANISING COSTS

EUR 55.00



## I.T.F. Switzerland Taekwon-Do Federation

Werkstrasse 2e, 8630 Rüti  
Mobile +41 (0) 79 816 63 24



### Banquet

The organization has prepared a dinner for Saturday at 8:00 p.m., its attendance is optional and it costs EUR 45.00 excl. the beverages.

The dinner is in the Baracca-Zermatt Kloten (<https://baracca-zermatt.ch/kloten/bilder/>)

The dinner includes:

- Baracca salad: mixed leaf and marinated vegetable salads with herbs, egg, bacon and bread croutons on their fine baracca dressing.
- Raclette à discrétion You have the choice between two different Valaisian cheeses.
- Dessert of your choice

### Registration process

Step 1) Registration on the ITF online Database:

Before you make your registration with the Organizing Committee, please ensure that you first register your attendance on the ITF database (ITF Online). This can be done through your General Secretary.

Step 2) Online registration ITF Switzerland:

For the registration with the Organizing Committee, please use the following registration Application.

<https://allforone.ch/teakwondo/basic/web/registerlist/create>

E-Mail

Registerlist

School	Select a Country	Name	Surname	ITF ID Number	Degree	Banquet
<input type="text"/>	1st Dan - EUR	No				

Send

[Ask for support](#)



## I.T.F. Switzerland Taekwon-Do Federation

Werkstrasse 2e, 8630 Rüti  
Mobile +41 (0) 79 816 63 24



After sending the Web-Application Form you will receive an E-Mail with a confirmation, the bank account details and the Total Amount to be paid.

### Step 3) Payment Fees, Bank Account details and Deadline

The deadline for registration applications to the IIC is March 6, 2020.

The Total Amount for the ITF Participation fee, the IIC Organization Fee and Banquet Fee (optional) according the confirmation must be paid by bank transfer until Friday the 13rd of March to the following Bank account:

Bank: Clientis Zürcher Regionalbank Genossenschaft  
BIC: RBABCH22850  
Beneficiary: Taekwon-Do Schule Rueti,  
Werkstrasse 2e, 8630 Rüti ZH, Switzerland  
IBAN Number: CH03 0685 0016 6774 4990 0

### TEST FOR DEGREE PROMOTION

Participants wishing to test for a 4<sup>th</sup> to 8<sup>th</sup> degree promotion must:

- send the thesis, curriculum and application form through the National/Allied Association at least one (1) month before the promotion date to the ITF HQ.
- pay the examiner grading fee cash one hour prior to the grading.
- bring 5 wooden boards measured 30x30x2 cm (only up to 6<sup>th</sup> degree).
- test for degree promotion will be at the last day of the course and the result shall be given directly after the promotion.
- no spectators are allowed during the degree promotion.
- the candidate might be accompanied by his instructor.

### Important Rules

#### IIC OPENING PROCEDURE

- participants line up in order to welcome and receive the Instructors.
- welcome word by the OC
- introduction of the IIC Instructors by OC
- introduction of the IIC Instructors by OC
- introduction of special guest(s) if present
- welcome word by the IIC Chairman



## I.T.F. Switzerland Taekwon-Do Federation

Werkstrasse 2e, 8630 Rüti  
Mobile +41 (0) 79 816 63 24



- start of the IIC

### TRAINING PROCEDURE

The OC informs the participants about the following before Opening Procedure:

- participants must wear a clean and ironed official ITF Dobock at all time.
- before each new session participants line up in order to welcome the Instructors.
- after each session participants remain until the Instructors leave the venue.
- participants must act according to the official ITF protocol.
- participants standing at ease must assume ready stance with their hands behind the back at all times.
- participants sitting at ease must cross their legs at all times.
- participants allowed to ask questions shall stand up at all times and assume ready stance with their hands behind the back.
- participants before asking a question shall first announce their name and country.
- transportation (if necessary) ready for the committee right away after the session.

### CLOSING PROCEDURE (right after the last training session)

- questionnaire given to the participants (15 minutes )
- closing ceremony by the OC.
- closing of the IIC by the Chairman
- group photo session
- individual photo session with the Instructors organized by the OC will take place after the last IIC training session
- signatures to be given by Instructors at the table - those interested to make one line.
- the OC accompanies the Instructors out of the venue.



## I.T.F. Switzerland Taekwon-Do Federation

Werkstrasse 2e, 8630 Rüti  
Mobile +41 (0) 79 816 63 24



### IIC Venue

The **Stiftung Sporthalle Stighag**, Sportweg 1, 8302 Kloten





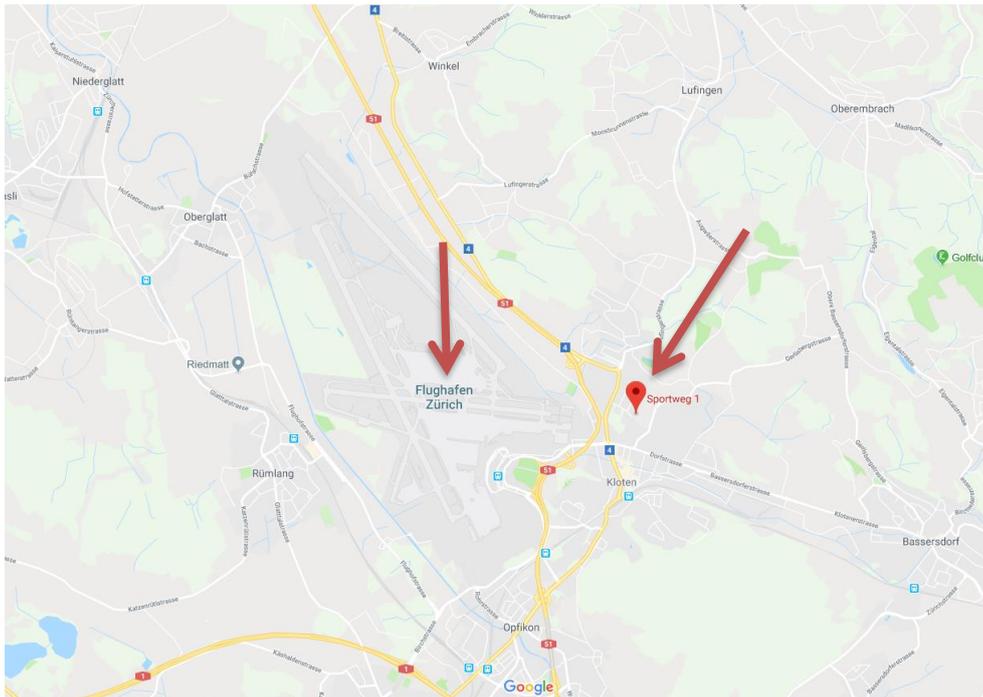
# I.T.F. Switzerland Taekwon-Do Federation

Werkstrasse 2e, 8630 Rüti  
Mobile +41 (0) 79 816 63 24



The Hall is a completely new building, only 6 Minutes from the Airport and 25 Minutes from the center of Zürich City. There are many hotels nearby.

## How to get there?



Sporthalle Stighag, 8302 Kloten, Sportweg 1

### Public Transport:



If you have a smartphone you can use the ZVV and or SBB app, this is also a recommendation if you want to go to the City of Zuerich or you can use [www.zvv.ch](http://www.zvv.ch). Zurich is one of the best developed area with public transport, they are many ways to travel to our venue.

### From the Airport:

There are around 8 Bus Lines which drive to the center of Kloten  
(Line 520/521/530731/732/734/765)

### From the City of Zürich via Train or Tram or Bus:

The easiest way to come to our venue is form the Zurich Train Main Station via Zurich Airport and then use one of the Bus Lines above



## I.T.F. Switzerland Taekwon-Do Federation

Werkstrasse 2e, 8630 Rüti  
Mobile +41 (0) 79 816 63 24



### By Car (not recommended, traffic jam and not enough parking areas):

If you will travel with the car, we recommend to park the car by your accommodation and use the Public Transport or a Taxi.

There are a lot of multi-storey car parks around the airport, but very expensive, do **not** use any store car parks!

### By foot from the airport ☺:

It's just 27 minutes from the airport and could be a good warm up for the weekend.

