



10th Workshop Taekwondo TCSAC
Sto António Cavaleiros, December 1 2018

Master Paulo Martins



Promoter:

Taekwondo Clube de Santo António dos Cavaleiros – Public Utility Entity

Organizers:

Workshop Technical Director:
Master Paulo Jorge Martins.

Logistics Director:
Maria Emília Martins.

Marketing Director:
Master Horácio Lopes.

Partners:

- Loures City Hall;
- Santo António Cavaleiros – Local Government;
- AOP – Portuguese Olympic Academy;
- IPDJ – Sport and Youth Portuguese Institute;
- ATLX - Lisbon Taekwondo Association;
- APAT – Portuguese Taekwondo Referee Association.

Support:

- Delta Cafés;
- Fapil S.A.;
- KIA Motors Portugal;
- Hobbyholo.com;
- MarcialShop.com – portuguese distributor JCalicu and Pine Tree;
- Excellent Optical.

Program:

Date:
December 1st, 2018. From 09h00 to 18h45.

Place:
General Humberto Delgado School Sport Hall
António Sérgio Street – Santo António dos Cavaleiros - Portugal
GPS: Lat 38º 48' 49" N – Long 9º 10' 04" W

Contacts:
Email: tkdclube@gmail.com
Site: www.workshop.taekwondosac.pt
Facebook: www.facebook.com/taekwondosac
Mobile: [+351912279394](tel:+351912279394)

Disciplines:

- Kyorugi practice (MZ/JC)
- Poomsae practice (MK / IT/VM)
- Kyorugi competition rules (SN / OO)
- Hoo Shin Sul (JS / SN)
- 101 Taekwondo Games (RP / NA)

Invited Masters:

- Master Manuel Kolb –Germany [MK]
 - 7th Dan Taekwondo.
 - Former National Poomsae Coach.
 - Vice President D.T.U.
- Master Jessica Stenholm - Norway [JS]
 - 7th Dan Taekwondo – Kukkiwon.
 - Kyorugi International Referee (S Class).
 - Sidney Olympic Referee – Australia 2000 and Greece 2004.
- Master Paulo Martins - Portugal [PM]
 - 8th Dan Taekwondo Kukkiwon and Changmookwan.
 - Kyorugi International Referee (1st class) and Poomsae I.R. (2nd class).
 - Beijing Olympic Referee – China 2008.
- Master Vera Moens – Belgium [VM]
 - 8th Dan Taekwondo – Kukkiwon.
 - Poomsae International Referee (1st class).
 - World Medallist and European Poomsae Champion.
- Master Imke Turner – Germany (IT)
 - 6th Dan Taekwondo.
 - Poomsae Tetra World Champion and Penta European Champion.
- Master Stig Ove Ness – Norway (SN)
 - 6th Dan Taekwondo – Kukkiwon.
 - Kyorugi International Referee (1st class) and Poomsae I.R. (3rd class).
 - London Olympic Referee – England 2012.
- Master José do Carmo - Portugal [JC]
 - 5th Dan Taekwondo.
 - Portuguese Champion as athlete and coach, several years.
 - National 3rd level Coach,.
- Master Manni Zareei – Nederland's (MT)
 - 4th Dan Taekwondo Kukkiwon.
 - Vice World Kyorugi Champion.
 - Coach from several World and European Kyorugi Champions.
- Master Raul Passos – Portugal [RP]
 - 5th Dan Kukkiwon and Changmookwan Taekwondo.
 - National 3rd level Coach and Kukkiwon 3rd class Master Instructor.
- IR Olívia Ortiz – Spain [OO]
 - 3rd Dan Taekwondo.
 - Kyorugi International Referee (P Class).
- Master Nuno Antunes – Portugal [NA]
 - 6th Dan Changmookwan Taekwondo.
 - National 3rd level Coach.



Entry:

The registration for the 10th Workshop Taekwondo TCSAC is open to practitioners with a minimum red belt (2nd Kup or higher) and has a limited number of places. It is processed online through the website www.workshop.taekwondosac.pt and is only considered valid after processing the payment by bank transfer to IBAN: PT50 0033 0000 4543 1330 2140 5 – TCSAC.

Inscriptions:	Until November 16	After November 17
Pack Poomsae or Kyorugi	20€	30€

Time Table:

Time table	Pack Poomsae	Pack Kyorugi
08h30 to 09h00	Accreditation	
09h00 to 09h30	Open ceremony and presentation of the invited Masters	
09h30 to 10h20	101 Taekwondo Games [RP e NA]	
10h30 to 12h30	Taeguk 's [MK – IT - VM]	Kyorugi I [MZ - JC]
12h30 to 14h00	Lunch break	
14h00 to 15h20	Poomsae I [MK – IT - VM]	WT-New Rules [SN e OO]
15h30 to 16h50	Poomsae II [MK – IT - VM]	Kyorugi II [MZ - JC]
17h00 to 18h15	Hoo Shin Sul – Self Defence [JS - SN]	
18h15 to 18h45	Presentation of Workshop Diplomas and Certificates	

Others:

The Workshop organization can change this program for exceptional reasons and has the right of admission.

Images will be collected during this event (photographs), for the single purpose of information. Images will be published on the TCSAC Facebook page as well as on the Facebook event created for this Workshop.

Uploaded images will be carefully analysed in order to protect both integrity and privacy of those involved.