

ITF NETHERLANDS PROUDLY PRESENTS:

MASTER JERZY JEDUT

THE POLISH APPROACH

WORKSHOPS:

FOUNDATIONS | ELEMENTARY SKILLS | ADVANCED SKILLS | CHAMPION SKILLS | WHAT MAKES A GOOD INSTRUCTOR?

01 & 02.07.2017

AMSTERDAM

Hosted by: **ITF NETHERLANDS**

www.itf-nederland.nl/seminars

Sporthallen Zuid, Burgerweeshuispad 54, 1076 EP AMSTERDAM, The Netherlands

Early Bird Tickets from € 55 (ITF Netherlands members) and from € 65 (other ITF Benidorm Members)



FightersPride.eu





Invitation Seminar Master Jedut: "The Polish Approach"

Event: Seminar Master Jerzy Jedut: "The Polish Approach"

Date: July 1st & 2nd, 2017

Location: Sporthallen Zuid (Hall 2), Burgerweeshuispad 54, 1076 EP Amsterdam, Netherlands

Hosted by: [I.T.F. Netherlands](#)

Participation: Open for all [GM Trajtenberg/Benidorm](#) ITF-members

Language: The seminar will be conducted in English

Introduction

Master Jurek (Jerzy) Jedut is an innovative instructor, with a ton of knowledge and experience. Poland is the strongest ITF Taekwon-Do nation. Master Jedut has been the driving force behind the "Polish Approach". He has a solid pedagogical and didactical background as a school teacher and physical education coordinator. Also, he has an open and curious mind that is not limited to Taekwon-Do, or Martial Arts only. As a result, he can fill a bookstore with his repertoire of training ideas and exercises.

In 40 years, he has been training generations of enthusiastic students to become healthy, fit, and self-confident martial artists. His creativity as a trainer, combined with his patient approach in developing his students, has even produced [twelve individual World Champions](#). His state of the art work is being included in the ["Training Secrets"-serie](#) by [Black Belt Project](#).

What is the secret of his approach? How does he succeed in bringing his students - from white belt up - to such heights?

Train with this remarkable Master in Amsterdam on July 1st & 2nd 2017.

Fun and inspiration guaranteed!

Please be advised: limited capacity!

WORKSHOPS

During the seminar weekend, Master Jedut will guide us through the lifecycle of a Taekwon-Do practitioner. The "Polish Approach" will inspire instructors, and give students a massive toolbox to play with in their Dojangs. All aspects of Taekwon-Do will be highlighted.

Saturday's Workshops:

Due to the playful and dynamic approach of Master Jedut, this seminar day is open and suitable for all levels in Taekwon-Do. Black Belts also welcome of course! An absolute must for anybody who teaches beginners of all ages.

- **Workshop A: "Foundations"** A first glance at the seemingly simple exercises, that lay the mental and physical base for the more complex skills.



- **Workshop B: “Elementary Skills”** We've laid the foundations, now it's time to develop the principles of martial movement.

Sunday's Workshops:

This seminar day is packed with workshops with the advanced Taekwon-Do practitioner in mind (although open to all who are interested). If you're a Black Belt and/or instructor, you don't want to miss this!

- **Workshop C: “What makes a good instructor?”** The essence of the Polish Approach: it all starts in the Dojang. What can we learn from the Polish Approach as instructors?
- **Workshop D: “Advanced Skills”** How to use the principles of martial movement: higher level training methods.
- **Workshop E: “Champion Skills”** How to transform a highly skilled Taekwon-Do into a Champion.

PROGRAM

The program consists of two weekend days, with registration on Friday evening and Saturday morning. **Registration is mandatory for participation.** Tickets available per seminar day.

Friday June 31ST 2017

Registration: Time (in the evening) and location to be announced.

Saturday July 1st 2017

08:00-09:30h: Registration (at the venue)
 10:00-12:30h: Workshop A “Foundations”
 12:30-13:30h: Lunch break
 13:30-16:00h: Workshop B “Elementary Skills”

Sunday July 2nd 2017

10:00-11:00h: Workshop C “What makes a good instructor?”
 11:00-12:30h: Workshop D “Advanced Skills”
 12:30-13:30h: Lunch break
 13:30-16:00h: Workshop E “Champion Skills”

Essential Equipment

- Dobok
- Sparring gear
- Kicking shield, focus mitt, floppy mitt

Program may be subject to change. Lunch not included. The venue has a cafeteria. No audience allowed in the seminar venue. No filming. There will be photo opportunities with the seminar leader(s).

Registration costs: ITF Benidorm (Trajtenberg) Members (non-ITF Netherlands)

Seminar Day	Early Bird (limited availability)	Regular
Saturday (Workshops A & B)	€ 65,-	€ 75,-
Sunday (Workshops C, D & E)	€ 75,-	€ 85,-

Registration & Payment

- Email the registration form to: secretariaat@itf-nederland.nl
- Check www.itf-nederland.nl/seminars for closing date of Early Bird fees. After the closing date, the Regular Fee will apply.
- Please transfer the total amount **IN EUROS** to:
 - Bank Account Name: ITF Nederland. IBAN: NL58 INGB 00010180 58. BIC: INGBNL2A. Description: (Club)name + "Jedut Seminar"
 - Bank address: ING Bank N.V., Foreign Operations, PO Box 1800, 1000 BV Amsterdam
- **Only fully paid registrations with complete and correct registration forms will be accepted.** You will receive an invoice at the event.
- **Please be advised: number of participants per workshop is limited!**

Visit <http://www.itf-nederland.nl/seminars/s> for registration forms.

Partners

Fighterspride.eu: the place to be to buy to the best ITF Taekwon-Do brands online, like Top Ten. **Every registered seminar participant gets a €5,- voucher!***

[Print-Station](#): mobile textile printing shop, a must-have on every event! **Every registered seminar participant gets a €5,- voucher!***

[Black Belt Project](#): best books and apps on the market to get yourself prepared for degree tests and/or competitions, or spice up your training repertoire. **Every registered seminar participant gets a €5,- voucher!***

**1 voucher per person*

Venue

Sporthallen Zuid is the largest sport accommodation in Amsterdam and one of the oldest multi-functional sport accommodations in The Netherlands. This diverse indoor sports location has the latest technological features. Since 1975 big (professional) sports events have been held here daily.

Getting there

Schiphol Airport is very close to Amsterdam (AMS). A cheaper option might be Rotterdam-The Hague Airport (RTM). The venue is very close to the highway (Ring A10, exit S108). Public transport in Amsterdam is excellent: visit <http://9292.nl/en> to find out how to get from anywhere to anywhere (both local and nationwide). Address (link to Google Maps): [Burgerweeshuispad 54, Burgerweeshuispad 54, 1076 EP Amsterdam, Netherlands](#).

Hotel

Amsterdam offers many possibilities for every budget for a good night's sleep. The best deals are available through well-known websites like Booking.com and Expedia.com. Also, check out Airbnb. Amsterdam is a popular city, so don't wait too long!

City

[Amsterdam](#). What can we say? You'll probably fall in love with the city! Definitely worth your while to book an extra night - or two - to discover what the city has to offer: the world-famous canals, the beautiful city center, amazing museums, a cultural melting pot of diverse people (and food!) from all over the globe, the vibrant nightlife, the small village feel – but with that metropolitan vibe, and so much more... Explore the possibilities on [this website](#).

More information?

Website: <http://www.itf-nederland.nl/seminars/>

Email: secretariaat@itf-nederland.nl

Facebook event page: <https://www.facebook.com/events/589353444603235/>

Facebook I.T.F. Netherlands: <https://www.facebook.com/itfnederland>