

ITF NETHERLANDS PROUDLY PRESENTS:



KATYA & OLEG SOLOVEY

WORKSHOPS:

ESSENTIAL SPARRING | ADVANCED SPARRING | COACHING CHAMPIONS

23 & 24.09.2017

AMSTERDAM

Hosted by: **ITF NETHERLANDS**

www.itf-nederland.nl/seminars

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

Early Bird Tickets from € 35 | Regular Tickets from €45





Invitation Sparring Seminar Katya & Oleg Solovey

Event: Sparring Seminar Katya & Oleg Solovey

Date: September 23rd & 24th, 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

Seminar

Katya Solovey is a living sparring legend who - together with coach and husband Oleg Solovey - was virtually unbeatable throughout her career. Her style of sparring could be described as "poetry in motion": lightning fast, perfect timing, incredibly dynamic, and amazing technique.

During three workshops, participants will get to the core of what makes the Ukrainian style tick. This will be the first time the Soloveys will be visiting The Netherlands for a seminar, so don't miss this opportunity! **Please be advised: capacity per session is limited!**

Highlights Katya Solovey's career

ITF Taekwon-Do: 9x ITF European Champion, 3x ITF World Cup Champion, 2x ITF World Champion (2007 & 2013)

WAKO: 3x WAKO World Champion, 2x WAKO European Champion, 4x WAKO World Cup Champion, WAKO World Cup Best Light Contact Fighter

[Read Oleg Solovey's statement](#) after Katya decided to retire, to get an idea of what got her those achievements.

Program

The "**Sparring Essentials**" workshop is focused on the basics: the foundation on which the dynamic, intelligent and championship winning style of the Soloveys is built upon. The "**Advanced Sparring**" workshop dives deep into the sparring drills, tactics, and the mental game that will give you the tools to get an edge on a serious competitive level. The "**Coaching Champions**" workshop is for those interested in how the Soloveys train their students to be the best competitive fighters they can be. Don't miss this one if you're a coach or trainer!

Registration

When:

Friday September 22nd 2017: Time and location to be announced





Saturday September 23rd 2017: 08:00-09:30 at the venue

Workshop A "Advanced Sparring"

When: Saturday September 23rd 2017, 10:00-16:00h (lunch break: 12:00-13:00h)

Target audience: black belts (but not limited to), no age limit (keep in mind: the seminar will be conducted in English)

Workshop B "Essential Sparring"

When: Sunday September 24th 2017, 10:00-12:00h

Target audience: colored belts (but open to black belts too), no age limit (keep in mind: the seminar will be conducted in English)

Workshop C "Coaching Champions"

When: Sunday September 24th 2017, 13:00-16:00h

Target audience: coaches/trainers, no age limit (keep in mind: the seminar will be conducted in English)

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)

Workshop	Early Bird (limited availability)	Regular
Workshop A "Advanced Sparring"	€ 75,-	€ 85,-
Workshop B "Essential Sparring"	€ 35,-	€ 45,-
Workshop C "Coaching Champions"	€ 45,-	€ 55,-

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 + "Solovey 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> for registration forms.

Partners

[Fighterspride.eu](http://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>

