



I.T.F. NEDERLAND

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To: All ITF/AETF National Associations

Subject: International Do Course (IDC) in Amsterdam, the Netherlands, 11th-12th May 2019

Dear Grandmasters, Masters, Teachers, Instructors and students

I.T.F. Nederland has the great honour to invite all members of International Taekwon-Do Federation to the **2nd International Do Course (IDC) in Amsterdam, Netherlands**. The IDC will be held on **Saturday 11th and Sunday 12th of May 2019**.

Even though it is a very new seminar, it is a project that has been developed for over 20 years. Through the work of Master Trần Triều Quân and General Choi himself, its legacy stretches deep into our art's history. And now the ITF Do committee is carrying their work forward.

In this course we will focus on sport psychology, mental training and practical development and the use of the tenets of Taekwon-Do. The development of "the warrior" and "indomitable spirit" will also have a great role.

The two day course, lasting 12 hours in total, will be conducted by the **International Taekwon-Do Federation (ITF) Do Committee:**

Professor Janel Gauthier, (6h Degree - Canada)

Master Joliette Trần (7th Degree - Canada)

Master Andreu Martínez. (7th Degree - Spain)

Event venue: **Sporthallen Zuid** (Burgerweeshuispad 54, 1076 EP Amsterdam).

The first day of the IDC Amsterdam 2019 is open to all ITF members regardless of their rank. The second course day is open to anyone from 1st degree blackbelt onwards. The only limitation for participation is the minimum age of 13.

On behalf of the Organising Committee and I.T.F. Nederland we hope that you will join us in the amazing city of Amsterdam to make this exceptional event even more memorable!

Yours in Taekwon-Do,
Robert Boer, President of I.T.F. Nederland
Helena Hanhikangas, Event Manager of I.T.F. Nederland
Wouter Meijer, Secretary General of I.T.F. Nederland
Jair Stenhuijs, Treasurer of I.T.F. Nederland



DETAILED INFORMATION FOR IDC AMSTERDAM 2019

The I.T.F. International Do Course (IDC) is a two-day course. It is designed to provide participants with a wide range of experiences aiming to further their understanding and application of the Tenets of Taekwon-Do in the dojang and everyday life. It is also designed to provide those who teach Taekwon-Do with practical knowledge that they can immediately take back to the dojang and use with students of all ages to teach them about the Do and help them to develop and harness the power of the Tenets of Taekwon-Do.

Over the course, demonstrations, physical training, hands-on experience, role-playing, problem-solving, feedback, brief presentations and breakout group discussions will be used to experience the Tenets of Taekwon-Do and learn how to teach them.

PROGRAM

DAY 1: Saturday 11th May

07:00 Sports hall opens
 08:00 - 08:45 Training hall opens and registration
 08:45 Ready in the training hall in dobok
 09:00 Opening ceremonies of the IDC Amsterdam 2019 (+Tenets and Students Oath)
 09:05 Introduction to IDC Amsterdam 2019 and Day 1
 09:30 IDC Part 1
 12:00 Lunch
 13:15 IDC - Part 2
 16:00 Wrap-up of the day & Preview of the Day 2
 16:15 Completion of feedback questionnaire for Day 1
 16:20 Participants line up: presentation of certificates of attendance & salutes
 16:30 Group & Individual photos
 End of Day 1

19:30 Banquet

DAY 2: Sunday 12th May

07:00 Sports hall opens
 08:00 Training hall opens
 08:45 Ready in training hall in dobok
 09:00 Opening ceremonies of IDC Amsterdam Day 2 (+Tenets and Students Oath)
 09:05 Introduction to Day 2
 09:10 IDC - Part 3
 12:00 Lunch
 13:15 IDC - Part 4
 16:00 IDC Conclusion
 16:15 Completion of the feedback questionnaire for Day 2
 16:20 Closing of the IDC & certificates of participation & Salutes
 16:30 Group and Individual photos
 End of the Day 2 and IDC Amsterdam 2019

Each day will include two 15 minute brakes, one in the morning, c. 10:30 and one in the afternoon, c. 14:45.

COURSE CONTENT AND TOPICS

DAY 1 (Colour belts and black belts of 13 years of age and older)

1. Introduction
 - Moral culture and Taekwon-Do
 - Origin and meaning of the word “Do”
 - The Tenets of Taekwon-Do and the “Do”
2. Study and application of the Tenets of Taekwon-Do (Courtesy, Integrity, Perseverance, Self-Control, and Indomitable Spirit)
 - Definitions (learning what they are and what they are not)
 - Behavioural signs (learning when they are present, absent or lacking)
 - Benefits (learning why it is important to develop and apply them in life)
 - Experiencing the Tenets of Taekwon-Do through physical Taekwon-Do training
 - Tips to develop the Tenets of Taekwon-Do and harness their power
3. Relations between the Tenets of Taekwon-Do
 - Moral dilemmas (learning when a tenet is in conflict with another tenet)
 - Ethical decision making (learning how to resolve conflict between tenets)

DAY 2 (Black belt holders only)

4. Activities, tools and strategies for teaching the Do
 - Socratic approach to teaching (learning how to use questions to teach students to think and learn about the Do)
 - Behavioural psychology (learning how cognitive, emotional, biological and social factors influence behaviour)
 - Motivation and goal-setting (learning how to use goals to motivate students and help them to become more successful and happier)
 - Motivation and perceived self-efficacy (learning how to strengthen students' belief in their ability to learn and succeed in specific situations)
5. Integration of the teaching of the Do into the teaching of Taekwon-Do
 - Strategies
 - Planning
 - Tips
6. Conclusion

COURSE REGISTRATION

Please download and complete the excel application form available on the ITF, AETF and I.T.F. Nederland websites, or request by email by writing to: IDC@itf-nederland.nl. Email the completed application form to IDC@itf-nederland.nl

You will receive a response with your IDC registration number, a provisional confirmation of registration and accommodation if requested and the total amount to pay via bank transfer. No refunds will be made in the event of cancellations or no-shows.

Dutch participants must register and pay through the online registration system of I.T.F. Nederland.

The deadline for registration applications is May 3rd 2019. The deadline for receipt of final payment by bank transfer is May 3rd 2019. **An application should be made independently to your National Association (NA) or Allied Association in order to register your participation via ITF online.**

PAYMENT METHOD

The complete fee, participation fee and organisation fee, are to be paid by bank transfer in advance to the following account:

Bank Account Name: ITF Nederland

IBAN: NL58 INGB 00010180 58 INGBNL2A

BIC: INGBNL2A

Description: "IDC Amsterdam 2019" + (Club)name

Bank address: ING Bank N.V., Foreign Operations, PO Box 1800, 1000 BV Amsterdam

Dutch participants must register and pay through the online registration system of I.T.F. Nederland

FEES

IDC REGISTRATION FEE INCLUDING ORGANISATION FEE

REGULAR: April 1st 2019 or later

10th Gup till 8th Degree ONLY Saturday (€100,-)

1st Degree up till 6th Degree BOTH Saturday and Sunday (€125,-)

Master 7th till 8th Degree BOTH Saturday and Sunday (€90,-)

Grand Masters 9th Degree Saturday and/or Sunday (€50,-)

*** Prices for the banquet will be published later ***

COURSE LEVELS

The ITF "International Do Course" certificate of participation will be issued only to those who complete the full course (i.e., Day 1 and Day 2).

To those who complete only Day 1, the IDC Organisers will issue a certificate called "Certificate of Attendance"

COURSE VENUE

The seminar will be held in the [Sporthallen Zuid, hall 3](#) ([Burgerweeshuispad 54, 1076 EP Amsterdam](#)):



ACCOMMODATION

The Organisers will not be responsible for organising accommodation for our participants. You will find the cheapest prices and best accommodation solutions online. With the top of the world transportation network you will surely find out that it will be easy to reach the training hall even through long distances.

IDC Amsterdam 2019 organisers recommend you to choose your hotel consciously: <https://www.conscioushotels.com>. TO get a -5% off the price you can use this discount code when booking the hotel: #AMSIDC0519

HOW TO GET THERE

Accessibility by car: Ring A10, exit S108

Sporthallen Zuid has its own car park with parking for about 75 cars. You can pay with coins and bills (banknotes up to € 20) and pin at the payment terminal in the hall. Parking after 7 PM and on Sunday is free of charge on the private car park.

Mailing address
PO Box 46
1000 AA Amsterdam

Public transport:

1. You can use this site for planning your arrival <https://9292.nl/>
2. You can also use this site to find your way www.gvb.nl
3. Dutch Railways <https://www.ns.nl>
4. Dutch public transport works with a so called “OV Chipkaart” After entering the bus, you will not able to pay your travel with cash: **please read this.**

OTHER RELEVANT INFORMATION

There is a lunch cafeteria at the main entrance of Sporthallen Zuid where you can buy your refreshments, snacks and warm meals.

Further information regarding the IDC Banquet will be announced closer to the seminar weekend. The banquet will be limited to those above 18-years-of-age.

Please follow our website www.itf-nederland.nl and our Facebook page for updates.

IMPORTANT RULES

- Participants shall wear doboks during the course.
- Before beginning each session, participants shall line up according to ranks (degrees and grades) to greet the IDC Instructors when they enter the venue.
- After each session, participants shall remain in ranks until the instructors have exited the room.
- Participants shall act according to the ITF Taekwon-Do Protocol (<http://www.taekwondoitf.org/wp-content/uploads/2014/09/ITF-OFFICIAL-PROTOCOL.pdf>).
- Participants standing at ease shall assume a ready stance position with their hands behind their back at all times.
- Participants sitting at ease on the floor shall avoid showing the soles of their feet to the Course Instructor, as it is considered impolite.
- Participants who wish to ask a question or make a comment to an instructor shall raise their hands to let the instructor know that they wish to speak.
- When given the permission to speak, participants shall stand up if sitting down, bow to the instructor, and ask their question. Participants shall identify themselves by telling their name and the name of their country before asking their question. After being answered, they shall bow to the instructor and thank him or her.
- No spectators are allowed during the IDC.
- Filming and or photographs taken, only approved by the ITF Do Course Instructors.

- The IDC certificate of participation will only be issued to those who completed the full course.