



INTERNATIONAL TAEKWONDO CAMP TCC-LITHUANIA 2013

Date: 2013 05 10-12

Location: Lithuania, Vilnius, Grigiskes, Sviesos gimnazija

Registration deadline: 2013 05 05 (120 participants gathered, the application for participation will be not accepted!)

Organizer: Lithuanian taekwondo federation +37067021701, taekwondolt@yahoo.com

Lecturer will be: Markus Kohloffel, 7 Dan, TCC (founder of the Taekwondo Competence Center in Friedrichshafen), the Swedish Olympic Taekwondo team chief. Coach (2009-2012) (2013-2016)

Topics: High-performance athletes the technical, tactical and psychological preparation, the coach methodology employed to different-level athletes, injury prevention, non-standard solutions coaching in competition, and other issues.

Training schedule:

Friday 2013 05 10 Registration of arrival (16-17)

Friday 2013 05 10 (17-20) 2 workout at once (with a short break)

Sat 2013 05 11 (10-12) (14-16) (17-19) from 21 pm (evening coaches - TKD party)

Sunday 2013 05 12 (12-15) two workout at once (with a short break)

Sunday 2013 02 12 (16-17), depart

Seminar will be conducted in Lithuanian, Russian and English languages.

Athletes are able to offer accommodation in the same school classes. It is necessary to have sleeping bags. Price 3 Euros per night, per person..In school canteen will be able to have breakfast, lunch and dinner (for an additional fee, at reasonable prices)

The seminar cost 50 Euro. Coach brought with him more than 8 people, free of charge.

There will be a limited number of participants, so please register as soon as possible:

taekwondolt@yahoo.com

Invited participants from Lithuania, Latvia, Estonia, Belarus, Russia, Poland, Luxembourg and Ukraine.

We can book for you 3* hotel in Vilnius center (20 Euro person, free Wi-fi, free parking)

Swedish Taekwondo team under the guidance of Markus Kohloffel was fought Olympic medal in Singapore Youth Olympic Games and the voucher for the London Olympics in 2011, the global selection Baku. One of the world's best coaches the knowledge and experience which he will share with you during our seminar will help you in the future to achieve high performance sports.



[2012 camp photos](#)