



FEDERACIÓN ESPAÑOLA DE  
**TAEKWON-DO ITF**

www.taekwondoitf.es



**To:** All ITF/AETF National Associations

**Subject:** International Instructors Course in Barcelona (Spain), January 2019

Dear Grand Masters, Masters, Instructors, Assistant Instructors and Students,

The Spanish ITF Taekwon-Do Federation (FEST) has the honour to invite you to an International Instructors Course (IIC) in Barcelona, Spain. The IIC will be held from Friday the 25<sup>th</sup> to Sunday the 27<sup>th</sup> of January, 2019. The event will take place in the INEFC (The National Institute of Physical Education of Catalonia) facilities, in Montjuic Mountain, which held the Olympic Games in 1992. INEFC was also the place where Gen. Choi conducted an International Course in 1997. We strongly look forward to share this experience with you in 2019.

Date: 25<sup>th</sup>, 26<sup>th</sup> and 27<sup>th</sup> of January 2019

Venue: INEFC Campus Barcelona, Av. de l'Estadi, 12-22, 08038 Barcelona

The seminar will be conducted by the ITF Technical Committee: Grand Master Hector Marano (9<sup>th</sup> Degree – Argentina), Grand Master Lan Kim Ung (9<sup>th</sup> Degree - Germany) and Grand Master Pierre Laquerre (9<sup>th</sup> Degree - Canada).

On behalf of the Organising Committee and the FEST, I hope that you will join us in Barcelona. We will do everything possible to turn your stay into an unforgettable experience.

Yours in Taekwon-Do

Paco Ferrando  
FEST President



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### IIC Venue

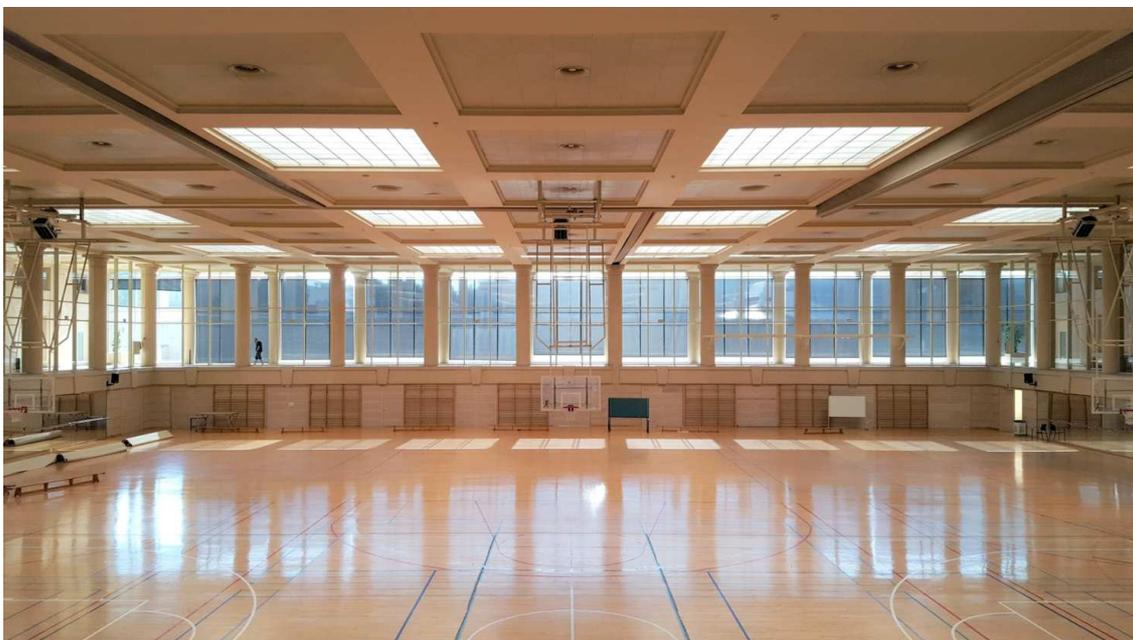
INEFC Campus Barcelona (Instituto Nacional de Educación Física de Cataluña)

Av. de L'Estadi, 12 – 22

08038 – Barcelona

Phone: 93 425 54 45

Web: <http://inefc.gencat.cat/es/inici/index.html>





### Time Schedule

#### Friday 25<sup>th</sup> of January 2019

- 10:00 h. – 13:00 h. Registration
- 14:00 h. – 18:00 h. Seminar

#### Saturday 26<sup>th</sup> of January 2019

- 09:00 h. – 13:00 h. Seminar
- 13:00 h. – 15:00 h. Lunch
- 15:00 h. – 18:00 h. Seminar
- 21:00 h. Banquet

#### Sunday 27<sup>th</sup> of January 2019

- 09:00 h. – 13:00 h. Seminar
- 13:00 h. Closing of IIC/Group pictures
- 13:30 h. Gradings

### Registration

Before you confirm your registration with the Organising Committee, please ensure that you first register your attendance on the ITF database (ITF Online). This can be done through your General Secretary. Once you register on the ITF database you will be allocated a registration number (beside your name). Please ensure you include the registration number you receive from the ITF database in all communications with the Organising Committee, in particular with bank transfers.

### Inscriptions

The ITF Participation fee must be paid in cash on Friday the 25<sup>th</sup> of January. A representative from each association/school should make the payment at the registration desk and ensure that all members are fully registered for the course. The IIC Organization Fee and Banquet Fee (optional) are to be paid in advance of Wednesday, 30<sup>th</sup> of October to the following account.

Ensure your transfer is labelled as follows:

**Surname+IIC database number**

**Example: Stuart1234**



#### Bank Transfer Details:

IBAN: ES91 0081 0208 9500 0164 4475

Holder: Associació Catalana de Taekwon-Do

#### Quotes

DEGREE	ITF PARTICIPATION FEE	IIC ORGANIZING FEE
1st - 3rd Dan	120	55
4th – 6th Dan	150	55
7th - 8th Dan	75	55
9th Dan	0	55

#### Gradings

The following requirements must be met:

- Send the application and thesis through the National/Allied Association at least one (1) month before the promotion date to the ITF HQ.
- Express your intention to grade in the IIC registration form.
- Pay the examiner grading fee (in cash) one (1) hour prior to the grading.
- Bring 5 wooden boards measured 30x30x2 cm (only up to 6th degree).
- No spectators are allowed during the degree promotion.
- The candidate may be accompanied by his/her instructor.

#### Saturday Lunch during the IIC

There is a cafeteria open to the public in the same facilities of the INEFC, where you can eat during the break scheduled for lunch. It is also possible to enjoy a meal outdoors in the Montjuic mountain, from where you can enjoy magnificent views of the city of Barcelona.

#### Banquet

The organization has prepared a dinner for Saturday at 9:00 p.m., its attendance is optional and it costs € 45.

## Accommodation

The IIC Organization suggests the following two (2) accommodation options, both very central, with a very comfortable accommodation and very close to the IIC.

You can make your reservations in: [iicbarcelona2019@gmail.com](mailto:iicbarcelona2019@gmail.com)

### Hotel Acta City47 \*\*\*\*

C/ Nicaragua, 47 – 08029 Barcelona



Double room

55 € person/day

Triple room

50 € person/day

Breakfast included

Public transport from the

Hotel to the INEFC



**Hotel Acta Azul \*\*\***

Gran Via de les Corts Catalanes, 327 – 08014 Barcelona



Double room	40 € person/day
Triple room	40 € por persona y día
Habitación Cuádruple	35 € por persona y día
Habitación Quíntuple	35 € por persona y día
Breakfast included	

Public transport route from Hotel Acta Azul to INEFC



**Important Information about the Accommodation**

The Organization guarantees the prices indicated above for all participants in the IIC, as well as for their companions, who make their reservation through it in any of the suggested hotels before 15<sup>th</sup> November, 2018. They must pay at least 50%, **non-refundable**, at the time of booking, and the rest before 25<sup>th</sup> December, 2018.

## Visiting Barcelona and the Montjuic Mountain

Web in Spanish: <http://www.barcelona.cat/es/>

Web en English: <http://www.barcelona.cat/en/>



Barcelona is a well-known city at a tourist level. It is organized in ten districts, a mosaic of ten pieces that together make up a living, pulsating and harmonious whole. From the Tibidabo Mountain to the Mediterranean Sea, you can find ten Barcelonas, which could be discovered to understand a city with two thousand years of history, open to the world, where knowledge, fun, culture, creativity, tradition and vanguard meet. Among so much wealth, let us introduce you the mountain of Montjuic.

It is a hill in Barcelona and the second tallest mountain in the city after Tibidabo. In the antiquity, it was used as a fortress. Mount Montjuic was completely renovated for **the 1929 International Exposition** and then again for **the 1992 Summer Olympics**, transforming the mountain into a fascinating zone with plenty of things to do and see.



Montjuic houses several excellent viewpoints that offer impressive views over Barcelona and the ocean. It also includes several tourist attractions that are worthwhile visiting:

**Montjuic Magic Fountain (Font Màgica)**: Located between Plaza España and the impressive National Museum of Catalan Visual Art (MNAC), Montjuic's Magic Fountain is famous due to its music and light shows that take place every weekend. It has impressed its visitors for over eighty years.



**Monjuic Castle (Castell de Montjuic)**: The Montjuic Castle sits at the top of the hill. It is an old military fortress that has always been linked closely to the city. It is now used as an observation deck from which visitors can get a fantastic view over Barcelona. You can either walk up to the Castle or take the cable car.



**Poble Espanyol:** The Poble Espanyol is an interesting open-air museum with replicas of some of the most traditional Spanish buildings. It was opened for the 1929 International Exposition.



**Olympic Ring (Anella Olímpica):** It is Barcelona's Olympic Park, that was built for the 1992 Summer Olympics. It includes the Palau Sant Jordi, the Estadi Olímpic Lluís Companys, the Bernat Picornell swimming pool and the Torre de Calatrava. It contains the INEFC facilities, where the IIC will be held.



**National Museum of Catalan Visual Art (MNAC):** The National Museum of Catalan Visual Art is housed in an impressive building. It features various types of art and covers a long historical period. In our opinion, it is well worth visiting.



**Fundació Joan Miró:** This space is dedicated to the Spanish artist Joan Miró's work and contemporary art.





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**El Jardí Botànic (Botanical Garden):** Barcelona's Botanical garden has over 2,000 plant species. It sits on a former municipal dumping site and has been transformed into a surprising green oasis.



We are looking forward to meeting you in Barcelona!

Sabumnim Andreu Martínez  
President Associació Catalana de Taekwon-Do  
Chairman Organizing Committee IIC Barcelona 2019