



ALL EUROPE TAEKWON-DO FEDERATION

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AETF

5th January 2025

1st All Europe Taekwon-Do Federation Adapted Course

1st & 2nd February 2025, Livingston, Scotland

What are the dates and times of the 1st All Europe Taekwon-Do Federation Adapted Course (AETF-AC)

The 1st AETF-AC is a two-day **in-person** course, delivered as follows:

- **Saturday, 1st February:** 10:00 AM – 5:00 PM (with a 1-hour lunch break)
- **Sunday, 2nd February:** 10:00 AM – 3:00 PM (with a 1-hour lunch break)

Who will lead the course?

The Chairman of AETF Inclusion Committee, Master John McIlvaney VII Degree, alongside Master Pat Barry VII Degree, Member of AETF Inclusion Committee.

The President of the AETF, Master Leonardo Oros Duek, will be present as a special guest.

What is the venue for the course?

The course will be held at **GMAC Martial Arts, Unit 6, Napier Square, Houston Industrial Estate, Livingston, Scotland, EH54 5DG.**

Who may register for the course?

The course is open to all ITF Taekwon-Do members aged 16 years or older, holding a rank of 2nd grade/kup (red belt) or above.

How much does it cost to register for the course?

- **2nd Kup to 6th Degree:** £135.00 (GBP)
- **7th Degree to 9th Degree:** £95.00 (GBP)

How do I register for the course?

Registrations must be completed individually by each participant via www.tkdevents.org. Participants will receive an email of confirmation shortly thereafter.

How do I pay for the course?

Payment is required at the time of booking through the registration website.

What is the deadline to register for the course?

The registration deadline is **Sunday, 26th January 2025, 11:59 PM (GMT).**

What will be the language of instruction during the course?

The course will be conducted in **English**.

What does the course cover?

The AETF Adapted Course provides a comprehensive exploration of how to adapt Taekwon-Do for individuals with diverse abilities. You will learn effective strategies for teaching Taekwon-Do to students with physical, cognitive, genetic, or acquired disabilities.

Key areas covered include:

- **Understanding Diverse Needs:** Gaining insight into different disabilities and how they may impact learning and participation.
- **Adapting Techniques and Drills:** Learning how to modify Taekwon-Do techniques to ensure accessibility for all students.
- **Inclusive Teaching Strategies:** Developing practical teaching methods to create a welcoming and effective learning environment for individuals with special needs.
- **Resources and Support:** Discovering the tools, resources, and support systems available to help you deliver inclusive Taekwon-Do classes.

The course combines theoretical knowledge with practical exercises, equipping you with the confidence and skills to integrate adapted Taekwon-Do into your classes and make a positive impact on your students' lives.

Who is the Adapted Course For?

Taekwon-Do is more than just a martial art—it is a tool for comprehension, acceptance, integration, and social development. As General Choi Hong Hi stated, “*Taekwon-Do is for everyone.*”

This inclusive philosophy reminds us that Taekwon-Do sees no barriers. While we are all equal in the eyes of Taekwon-Do, we are also uniquely different. Our individuality—whether physical, emotional, or cognitive—shapes how we learn and grow.

The 1st AETF Adapted Course is designed to equip ITF instructors with the skills and knowledge to embrace this diversity, empowering them to integrate individuals with physical, cognitive, genetic, or acquired disabilities into their classes. It provides practical guidance and answers to questions such as:

- *How can I adapt my teaching for students with specific needs?*
- *What resources will I need?*
- *What does an inclusive Taekwon-Do class look like?*

This course offers a flexible and science-based approach, presented in a clear, accessible format. It is a *guide*—not a rigid manual—created to inspire instructors to tailor their methods and create an inclusive environment where everyone can thrive.

Join us in fostering a more inclusive and peaceful world through Taekwon-Do. Because Taekwon-Do truly is for everyone.

Why Should I Register for the AETF Adapted Course?

The AETF Adapted Course is more than just training—it's an opportunity to make a lasting impact. By joining this course, you'll gain the tools and confidence to bring Taekwon-Do to individuals of all abilities, truly living the principle that “*Taekwon-Do is for everyone.*”

Here's why you should register:

- **Expand Your Teaching Skills:** Learn how to adapt Taekwon-Do for students with diverse needs, including physical, cognitive, genetic, or acquired disabilities.
- **Foster Inclusion:** Help build a community where everyone can benefit from the physical, emotional, and mental rewards of Taekwon-Do.
- **Make a Difference:** Support individuals in overcoming personal challenges and achieving their full potential through martial arts.
- **Practical Guidance:** Gain access to a flexible, science-backed guide that answers common questions and provides resources for creating inclusive classes.
- **Be a Leader in Change:** Position yourself at the forefront of inclusive martial arts education, helping to shape a more equitable and accepting future.

By participating in the AETF Adapted Course, you're not just enhancing your own teaching—you're opening the doors of Taekwon-Do to those who need it most, contributing to a better, more inclusive world.

Is there an exam for the course?

There is no exam for this course.

Will There Be Physical Activities During the Course?

Yes, the AETF Adapted Course includes physical activities designed to give participants practical, hands-on experience. These activities will demonstrate how to adapt Taekwon-Do techniques and teaching methods to meet the needs of individuals with diverse abilities.

You'll have the opportunity to:

- Practise adapting movements and exercises for various physical and cognitive conditions.
- Experience inclusive training methods firsthand to better understand the challenges and solutions.
- Participate in simulated scenarios to apply what you've learned in real-time.

The physical activities are structured to be engaging and accessible to all participants, regardless of your fitness level or previous experience. They are an essential part of the course, helping you bridge the gap between theory and practice.

Will it be possible to ask questions during the course?

Yes, there will be an opportunity to ask questions during each section of the course in real time.

Will I get a certificate for the course?

Participants who attend the full AETF-AC will receive an officially signed certificate certifying that they have successfully completed the All Europe Taekwon-Do Federation Course (AETF-AC) in accordance with the Rules and Regulations of the Federation.

Do I have to attend all parts of the course?

To obtain your certificate, you must attend all parts of the course on Day 1 and Day 2.

Is there recommended accommodation nearby?

[Premier Inn Livingston \(M8, Jct3\) Hotel](#)

Located just off the M8 motorway, this hotel offers convenient access to Livingston and surrounding areas. Approximately 5-minute drive from the event location.

[Premier Inn Livingston \(Bathgate\) Hotel](#)

Bathgate, Scotland

A comfortable hotel offering modern rooms and amenities, approximately a 10-minute drive from the event location.

[Travelodge Livingston](#)

Livingston, Scotland

Provides affordable and convenient lodging with easy access to the M8 motorway, about a 15-minute drive from the venue.

[Macdonald Houstoun House](#)

Livingston, Scotland

A historic 4-star hotel set in 22 acres of grounds, offering luxury accommodations and a spa, roughly a 20-minute drive from the event.

[Almondvale Lodge](#)

Livingston, Scotland

A guest house offering cozy rooms and a friendly atmosphere, located approximately 15 minutes by car from the venue.

Please note that availability and rates may vary, so it's advisable to book in advance.

Banquet Dinner Invitation

On Saturday, 1st February, attendees are invited to a **Banquet Dinner** at the prestigious **Dunblane Hydro**, held in conjunction with the **ITF Scotland Gala Dinner**. This is a fantastic opportunity to unwind, network, and celebrate with fellow Taekwon-Do enthusiasts in a delightful setting.

Tickets for the dinner can be booked here: [Eventbrite - ITF Scotland Gala Dinner](#).

Please let me know the event booking link again?

www.tkdevents.org

Registration Deadline: 26th January 2025.



We look forward to welcoming you to the 1st AETF Adapted Course.

It will be an exciting opportunity to learn, grow, and connect with fellow Taekwon-Do practitioners. We can't wait to see you there and share this enriching experience together!