



AETF SUMMER CAMP 2026

Made for Athletes, by the Athletes

August 10-14, 2026



LA NUCIA IS CITY OF SPORT



INTRODUCTION

It is our pleasure to invite you to the **AETF Summer Camp 2026**, organized by the **AETF Athletes Committee**.

This international camp is designed for athletes who wish to train in a high-performance environment, develop their skills, and connect with athletes from across Europe and beyond.

The camp combines technical development, tactical training, and athlete interaction in a structured and professional setting.



INSTRUCTORS

The camp will be conducted by members of the **AETF Athletes Committee**.

All sessions will be led by active high-level athletes with competition experience.

TOP TEN
ACADEMY



TOP TEN
ACADEMY





LOCATION

**COMBAT
CENTER
LA NUCIA,
SPAIN**

**TOPTEN
ACADEMY**

PROGRAM

The camp will run over **5 days**, with a structured program designed to maximize both performance and athlete interaction.

Each day includes three training sessions, combining technical development, tactical understanding, and practical application:

Morning Session – Technical Development

Focused on building and refining fundamental skills, including physical preparation and discipline-specific techniques.

Midday Session – Tactical & Discipline Focus

Athletes rotate between:

- › **Sparring** – tactical scenarios, reaction training, and match simulations
- › **Patterns** – rhythm, timing, power, and execution under competition criteria
- › **Pre-arranged Sparring** – structure, coordination, creativity, and realistic application

Afternoon Session – Application & Performance

Sessions focused on applying skills in a performance setting, including:

- › Structured sparring rounds
- › Pattern simulations
- › Pre-arranged sparring practice
- › Feedback and performance evaluation

SPECIAL FEATURES

What makes this camp unique is its strong focus on the athlete beyond just training:

- › **Athlete Round Table Discussions**
Open discussions on topics such as competition experience, pressure management, and athlete life
- › **Video Analysis Sessions**
Tactical and technical breakdown of sparring, patterns, and pre-arranged sparring
- › **Athlete Leadership Workshops**
Focus on athlete representation, communication, and building international networks
- › **Connection & Cultural Activities**
Team-building exercises, mixed-nationality groups, and social activities to strengthen international bonds

This combination creates a **high-performance environment driven by athletes**, offering a unique opportunity not only to improve skills, but to connect, learn, and grow as part of the European Taekwon-Do community.





HOTEL PODIUM BCL LA NUCIA

The official accommodation for the AETF Summer Camp 2026 will be the **Hotel Podium BCL La Nucía**, a 4-star hotel located approximately 200 meters walking distance from the Combat Sports Center.

The hotel is specifically designed to host athletes and sports teams, offering a comfortable and functional environment adapted to high-performance training camps.

Participants will benefit from:

- › **Full board** accommodation (breakfast, lunch and dinner)
- › **Modern** and **comfortable** rooms
- › **Athlete-friendly** facilities
- › **Immediate proximity** to the training venue
- › A safe and **well-organized environment** for international groups

Its location within La Nucía's sports complex allows for easy daily logistics, minimizing travel time and maximizing recovery and performance.

This setup ensures that athletes can **fully focus on training, recovery, and enjoying** the overall camp experience.

No transport required – all activities within walking distance.



FEES

Accommodation: Number of nights - **4 NIGHTS**

	athlete / training pack	parent / no training pack
EARLY BIRD Before and including 15 May	560 €	400 €
NORMAL FEE Up until and including 15 July	600 €	420 €
LATE FEE After 15 July before and including 31 July	650 €	470 €

All dates are subject to hotel availability. No reservation will be confirmed until full payment has been received.



REGISTRATION

The application form and payment information will be available on the **AETF website**.

Registration Deadline: 31 JULY (LATE ENTRY)

Participants are kindly requested to complete the application form within the deadline.

CONTACT

For further information, please contact: **athletes-camp@itfeurope.org**

**BECOME
MORE THAN
YOU WERE.
RISE, TRAIN,
ACHIEVE.**





SUMMER. SPIRIT. TAEKWON-DO.

