



TAEKWONDO INTERNATIONAL EASTER CAMP 2019

 *TURKU FINLAND* 

FRIDAY 19.4.

Jarkko Mäkinen FIN

SATURDAY 20.4.

Filip Grgić CRO, Mato Krnjic AUT, Jarkko Mäkinen FIN

SUNDAY 21.4.

Filip Grgić CRO, Mato Krnjic AUT, Jarkko Mäkinen FIN,
Pauliina Luukkala physiotherapist FIN

MONDAY 22.4.

Filip Grgić CRO, Jarkko Mäkinen FIN

www.taekwondo.fi



SUOMEN TAEKWONDOLIITTO RY
THE FINNISH TAEKWONDO FEDERATION

FRIDAY

1800-19.45
TRAINING FOR ALL (J)

1945-2015
KRITEERIKESKUSTELU

F = FILIP
M = MATO
J = JARKKO

SATURDAY

1000-1115
CADET (M)

1115-1300
JUNIOR & SENIOR (F)

1400-1500
FILIP'S INTERVIEW:
"ACHIEVING GOLD"

1500-1615
CADET (F & M)

1615-1830
JUNIOR & SENIOR (F)

SUNDAY

1000-1115
CADET (F)

1115-1300
JUNIOR & SENIOR (F)

1400-1515
THEORY SESSION:
"HAMSTRING INJURIES"

1530-1730
ALL (F, M, J)

MONDAY

1000-1230
U18, U21 & SENIOR
NATIONAL TEAMS (F & J)
+ INVITED TRAINING
PARTNERS

PRICES: All days 60 € / One day 40 €

Dojang accommodation including breakfast 15 €/night
Buffet lunch on Saturday and Sunday 10 €/day

