

Olympic
Taekwondo

NEW YEAR CAMP 2018

January 4-7 Turku, Finland

International Elite Level Training Camp

65 EUR FOR ALL SESSIONS

2 DAYS 60 EUR

1 DAY 50 EUR





INSTRUCTORS

LEVENT TUNCAT

Olympic Athlete, 3 x European Champion

JARKKO MÄKINEN

Head Coach of the National Training Centre

SEMINAR SPEAKERS

MARKO YRJÖVUORI

Performance Specialist (NBA, NHL, NFL, UFC)

ADT FINLAND

Official National Antidoping Organisation

THURSDAY Jan 4

18:30-20:30 Registration

19:00-20:30 ALL, Opening Training



FRIDAY Jan 5

10:00-11:30 JUNIOR SENIOR

11:30-12:30 CADET

13.30-14:30 Theory Session: Movement Control

14:30-15:30 JUNIOR & SENIOR

15:30-16.45 CADET

18:00-20:00 ALL



SATURDAY Jan 6

09:30-10:30 CADET

10:30-12:00 JUNIOR & SENIOR

13:00-14:00 Theory session: Anti-doping

14:00-15:00 CADET

15:00-16.15 JUNIOR & SENIOR

17:30-19:30 ALL SPARRING



SUNDAY Jan 7

10:00-11:00 CADET

11:00-12:30 JUNIOR & SENIOR

14:30-16:00 ALL, Closing Training



HOST OF THE CAMP

TAEKWONDO
NATIONAL  TRAINING CENTRE
FINLAND

www.taekwondo.fi