



# 11th Workshop Taekwondo TCSAC

## Sto António Cavaleiros, October 12, 2019

Taekwondo Clube SAC - Public Utility

### **Promoter:**

Taekwondo Clube Santo António Cavaleiros – Public Utility Entity

### **Organizers:**

Workshop Technical Director: Master Paulo Jorge Martins  
Logistics Director: Maria Emília Martins  
Marketing Director: Master Horácio Lopes

### **Partners:**

- Loures City Hall;
- Santo António Cavaleiros – Local Government;
- AOP – Portuguese Olympic Academy;
- IPDJ – Sport and Youth Portuguese Institute “Sports for All”;
- AT LX - Lisbon Taekwondo Association;
- APAT – Portuguese Taekwondo Referee Association.

### **Support:**

- Delta Cafés;
- FAPIL S.A.;
- KIA Motors Portugal;
- HOBBYHOLO.COM<sup>®</sup>
- MarcialShop.com;
- Excellent Optical.

### **Program:**

Date:

December 1<sup>st</sup>, 2018. From 09h00 to 18h45.

Place:

General Humberto Delgado School Sport Hall  
António Sérgio Street – Santo António dos Cavaleiros - Portugal  
<https://goo.gl/maps/nvPNsLRiQGxmbWWA7>

Contacts:

Email: [tkdclube@gmail.com](mailto:tkdclube@gmail.com)  
Site: [www.workshop.taekwondosac.pt](http://www.workshop.taekwondosac.pt)  
Facebook: [www.facebook.com/taekwondosac](https://www.facebook.com/taekwondosac)  
Mobile: [+351912279394](tel:+351912279394)

### **Disciplines:**

- Kyorugi practice (CE / RF / OO)
- Kyorugi theory (RF)
- Poomsae practice (IT / MG / SR)
- Poomsae theory (PM)
- Kyorugi competition rules (SN)
- Poomsae competition rules (PM)
- Self Defence-ARTDO (VD)
- Ethics in combat sports (HL)

### **Invited Masters:**

- Master Paulo Martins – Portugal [PM]
  - 8<sup>th</sup> Dan Black Belt Taekwondo.
  - International Referee Kyorugi 1<sup>st</sup> class and Poomsae 2<sup>nd</sup> class.
  - Olympic Referee in Beijing-2008.
- Master Imke Turner – Germany [IT]
  - 6<sup>th</sup> Dan Black Belt Taekwondo.
  - 6 times World Poomsae Champion.
  - Poomsae WTE and WT Coach.
- Master Horácio Lopes – Portugal [HL]
  - 6<sup>th</sup> Dan Black Belt Taekwondo.
  - Master in Management and Marketing.
  - Ambassador of PNED-National Plan of Ethics in Sport.
- Master Stig Ove Ness – Norway [SN]
  - 6<sup>th</sup> Dan Black Belt Taekwondo.
  - International Referee Kyorugi 1<sup>st</sup> class and Poomsae 2<sup>nd</sup> class
  - Olympic Referee in London-2012.
- Master Carlos Esteves – Germany [CE]
  - 4<sup>th</sup> Dan Black Belt Taekwondo.
  - Former Germany National Kyorugi Team.
  - Olympic Coach in Beijing 2008, London 2012 and Rio Janeiro 2016.
- Master Víctor Duarte – Portugal [VD]
  - 9<sup>th</sup> Dan in ARTDO.
  - 7<sup>th</sup> Dan Black Belt Taekwondo
  - Personal Defence Trainer in the Special Police Corps.
- Instructor Maria Gilgen – Swiss [MG]
  - 3<sup>rd</sup> Dan Black Belt Taekwondo.
  - European Champion in Clubs Poomsae 2018.
  - European Vice Champion Poomsae 2019.
- Master Rafael Fonseca – Portugal [RF]
  - 5<sup>th</sup> Dan Black Belt Taekwondo.
  - 3<sup>rd</sup> level coach IPDJ-FPTkd.
  - Trainer medallists at World Championships, Europeans and G1/2.
- IR Olívia Ortiz – Spain [OO]
  - 3<sup>rd</sup> Dan Black Belt Taekwondo.
  - International Referee Kyorugi P class
  - 15 years of experience in competitions and training.
- Master Sérgio Ramos – Portugal [SR]
  - 5<sup>th</sup> Dan Black Belt Taekwondo.
  - 2<sup>nd</sup> level coach IPDJ-FPTkd.
  - Bronze Medal in the Poomsae Europeans in 2013/2015/2019.



### **Entry:**

The registration for the 11<sup>th</sup> Workshop Taekwondo TCSAC is open to practitioners with a minimum red belt (2<sup>nd</sup> Kup or higher) and has a limited number of places. It is processed online through the website [www.workshop.taekwondosac.pt](http://www.workshop.taekwondosac.pt) and is only considered valid after processing the payment by bank transfer to IBAN: PT50 0033 0000 4543 1330 2140 5 - TCSAC.

Inscriptions:	Until 15 September	After 16 September
Pack Poomsae or Pack Kyorugi	25€	30€
Pack Coach*	35€	40€

*\* The trainee will have to participate actively in the 8 hours of training, in the classes defined in the program.*

### **Time Table:**

Time Table	Pack Poomsae	Pack Kyorugi	Pack Coach
08h30 to 09h00	Accreditation		
09h00 to 09h30	Open ceremony and presentation of the invited Masters		
09h30 to 10h50	Poomsae I	Introduction to Combat	Poomsae / Theory Competition Rules Poomsae / Practice
11h00 to 12h30	Poomsae II	Play Combat	
12h30 to 14h00	Lunch break		
14h00 to 15h20	Poomsae III	Competition I	Kyorugi / Theory Competition Rules Kyorugi / Practice
15h30 to 17h00	Poomsae Competition	Competition II	
17h00 to 18h00	Personal Defence in the Context of Combat Sports Training		Ethics in the Combat Sports
18h00 to 18h30	Presentation of Workshop Diplomas and Certificates		

### **Others:**

The Workshop organization can change this program for exceptional reasons and has the right of admission.

Images will be collected during this event (photographs), for the single purpose of information. Images will be published on the TCSAC Facebook page as well as on the Facebook event created for this Workshop.

Uploaded images will be carefully analysed in order to protect both integrity and privacy of those involved.