



## All Europe Taekwon-do Federation

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# A.E.T.F. REPORT

Newsletter 4/2006

Seminar In Znojmo, Czech



On Saturday and Sunday 19th and 20th of November So San Znojmo Club, leaded by Mr. František Macek, held a technical seminar in Znojmo, Czech. The seminar was conducted by Mr. Jerzy Jedut VI Dan, AETF –Secretary General, Member of Technical Committee. assisted by Mr. Jaroslaw Suska, V Dan, twice World Champion, and 14 times European Champion in patterns.

Mr. Tadeusz Loboda, President of All Europe Taekwon-do Federation was also present and observed the seminar.

There were 66 students represented 7 clubs (5 from Czech and 2 from Slovakia) who took part in the seminar. The participants were divided in to two groups depending on the students' level: I group - red, black belts – 39 persons, II group - yellow, green, blue belts – 27 persons.

Each group had two trainings sessions. The main subjects of the seminar were: the fundamental movements, difficult but really spectacular foot techniques, pattern, improvement of their complicated elements and the sports fight. During the trainings the participants had also an opportunity to learn a lot of warming up exercises and different games.

The participants really enjoyed the seminar. They were impressed especially by technical skills of Mr. Jaroslaw Suska.



More pictures on the website: [www.lewart.pl](http://www.lewart.pl).