



Open Sparring Seminar


20.10.2016

RasBudo ITF Taekwon-do rf

RasBudo ITF Taekwon-do rf is inviting you to our sparring seminar that we are arrangeing in November 19-20th 2016.

The seminar is held by multiple World and European champion Mr Konstantin Yurikov
RUSSIAN ITF TAEKWON-DO

The Seminari is OPEN to all and everyone is welcome to train no matter of your earlier experience.



Venue: RasBudo Center, Raaseporintie 39, 10600 Tammisaari

Time: 19-20.11.2016 Kl: 10.00 – 17.00

Protective gear: ITF protective gear

Shedule: Starts at 10.00 am and lunch about 13-14.00 em
The seminar ends about 17:00 both days.

Costs: 80eur, by paying the seminar before 10.11 you are confirming your participant. (One day 50eur)**

Accountner: RasBudo ITF Taekwon-do rf,

IBAN: FI93 5553 0320 0285 82

BIC: OKOYFIHH

Put your name and write "Sparr Seminar" in the message
Mail : rafael.kesti@gmail.com
Rafael Kesti, rafael.kesti@gmail.com 0445976432

More info :

****** Private sessions with Yurikov
For only 30€ you will get a 30 min private training session with the best. Spar with multiple Europe and World champion Yurikov get training tips and corrections on sparring techniques. The private sessions will be before or after the seminar, morning or afternoon Sathurday or Sunday.

Book your own time with the campions by sending mail to rafael.kesti@gmail.com or book at the seminar . Payment in cash euros. Note that this will be in addition to the seminar fee.