



Invitation to 2024 Taekwon-Do Technical Seminar With Master Mariusz Steckiewicz



March 19th, 2024

Dear ITF Taekwon-Do Members

On behalf of International Taekwon-Do Federation Chinese Taipei Association (in collaboration with Taekwon-Do ITF Vietnam), we would like to invite you to the 2024 Taekwon-Do Technical Seminar on Biomechanics and Generation of Power in Taekwon-Do. In addition, we will also delve into the topic of injury prevention and management of them during training. This unique seminar is to be held for the first time in Asia under the guidance of Master Mariusz Steckiewicz. The event will take place in Taipei, Taiwan on June 8th (Saturday), from morning 9 AM to afternoon 4 PM (just one day before our 2024 Taekwon-Do Taipei Open).

Please save the dates for this weekend full of Taekwon-Do. The course will be a great opportunity to strength your skills and mastering your techniques. You will find the basic information for attending the seminar enclosed in the following page.

We eagerly await your participation in the seminar

Best Regards

Carlos Machado
ITF Chinese Taipei Chairman

Howard Hu
ITF Chinese Taipei President

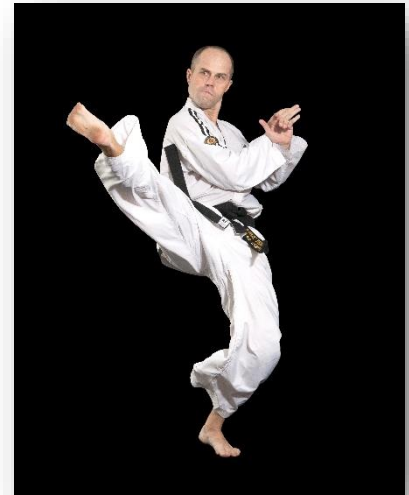
Main Topics of the Seminar:

First Session: Biomechanics and Generation of Power in Taekwon-Do

Second Session: Injury prevention during our daily Training routine

Lecturer:

Master Mariusz Steckiewicz is an 8th degree black belt and professional ACE (American Council on Exercise) Certified Personal Trainer and sports coach, who's currently based in Ho Chi Minh City, Vietnam. Master Steckiewicz has been into sports since his early teenage years, along with his great passion for Taekwon-Do. He has over 35 years of training and coaching experience, including a successful competitive career with 3 gold medals from the ITF Taekwon-Do European Championships (1996, 1997, 1999) and 6 gold medals from the Polish Championships. More notably, he has also coached Finland and Vietnam's national teams. Under his guidance, Finland rose from the far-middle of the list in the general classification to 5th in the World and 2nd in all of Europe. His Finnish and Vietnamese athletes have won 8 Gold medals from World Championships and dozens from the European and Asian Championships.



Brief Content:

The seminar will be divided in two sessions according to the main topics mentioned above, and it will cover techniques from patterns and some of the more problematic elements while we practice those techniques. Master Mariuz will also introduce exercises and drills to help strengthen our hand and kicking techniques for patterns, power breaking, and sparring, followed by a very important session on injury prevention during training.

Date: 2024, March 8th (Saturday)

Time: 9AM to 4 PM (Break Time 12:00 PM-1:00 PM)

Venue: National Taiwan Normal University HQ, Gymnasium, Martial Arts Room
(No. 162, Section 1, Heping East Road, Taipei City) <https://maps.app.goo.gl/jMo3VwyD8NMs6Hfy8>

Link to Register: <https://shorturl.at/vBY68>

Fee and Payment Method: \$NT 2,000. Please pay on arrival at the venue in NTD\$ cash (New Taiwan Dollar currency) *Note: Participants will receive a certificate of participation upon the completion of the seminar.*

Who can Join? Any color belt and black belt can join (12 years and above)

Contact: Mr. Carlos Machado, email: hwarangtw20@gmail.com