



Dear ITF National Association Presidents

10 June 2025

Ref:East /Tta/Itf/2025-Engl

RE: INVITATION TO 7th EAST AFRICAN TAEKWON-DO CHAMPIONSHIP
1st EAST AFRICAN KIDS TAEKWON-DO CHAMPIONSHIP

Please! refer to the heading above.

Greetings from the heart of the Kilimanjaro Mountain!

We hope that this letter finds you well and warm greetings from Tanzania Taekwon-Do Association (TTA)

Thank you for keeping up the spirit and unity for steady growth and prosperity of the sport. With great honour we have the pleasure to invite you to manage the seminars in conjunction with our **Seventh East and Central Africa Taekwon-Do Championship** which will be held on 5th December to 7th Dec, 2025 at Indoor National Stadium in Dar es Salaam ,Tanzania.

Eligibility for competition:

Definition of competitor:

- a) Kids – From 6 to 13 years (Rank Yellow belt and above)
- b) Juniors – From 14 to 17 years (Rank Green belt and above)
- c) Seniors – From 18 years. (Rank Blue belt and above)
- d) Veterans- From 45 and above (Rank Yellow belt and above)

SEMINAR

The seminar will be 5TH December 2025 from 10:00 am - 16:00 pm at Choi Taekwon-Do Club ilala Bungoni. The seminar will cover fundamental movements, patterns, self defense, promotion demands and procedures, organization developments, mental and physical preparedness, release from grabbing, punching and kicking exercises, vital sports and dirty tricks, release from sexual assault and ground techniques.

FEE

fee for the seminar is \$10 which will cover certificate, Breakfast & Lunch



TANZANIA TAEKWON-DO ASSOCIATION
P.O. Box 25578, Ilala Head Office, Dar es Salaam, Tanzania
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East Africa Kids Taekwon-Do Championship

Kids competition will be 6th December 2025 from 9.00 am -14.00 pm at Indoor National Stadium, **Awards** will be Medals, Certificates and Trophy and each participant will receive a Participation Certificate.

FEE

\$10- which will cover Lunch.

Seventh East and Central Africa Taekwon-Do Championship

7th East Africa Taekwon-Do Championship will be 7th Dec 2025 from 9.00am -16.00pm at in door National stadium.

Awards will be Medals, Certificates and Trophy and each participant will receive a Participation Certificate.

FEE

\$10- which will cover Lunch.

Events Category Competition modules are:

Patterns

(Male and Female) -Kids, Junior ,Senior and Veterans

Sparring

(Male and Female) – Junior, Seniors and Veterans

Special Technique

(Male and Female) – Kids, Junior and Senior

Power Breaking

(Male and Female) – Veterans, Junior and Senior

NOTE:

All expected visitors, teams, individuals, representatives and Competitors should confirm their participation and arrival date before 30th July, 2025 and provide a list of names of participants and the copy of passport and identity card should be included.

100% of these fees must be paid on arrival before the start of your first event. The Organizing Committee will NOT BE FINANCIALLY RESPONSIBLE for expenses of visiting individuals or team. Each team or individual competitor must prepare well for the event with respect to financial, insurance and health related matters. Participants who are allergic to some form of substance should notify the organizing committee beforehand.



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Countries invited

1. Burundi
2. Ethiopia
3. Zimbabwe
4. Kenya
5. Uganda
- 6. Tanzania (HOST)**
7. Zanzibar
8. RWANDA
9. Madagascar
10. DRC Congo
11. Mozambique

There will also be East African meeting to discuss the future of ITF in the region.

ACCOMODATION



Lamada Hotel & Apartments
Ilala -Dar es salaam.



Single Room -Offer 1 Bed
-2 people
-Price 20 USD



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Apartment offer -2 Rooms @ 2 people
Price 50 Usd



Kitchen



Sitting Room



Tv and entertainments



2 BedRooms

Looking forward to a successful event.

Sincerely,

GODFREY KINYAU

Event Organiser

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