

BLACK EAGLE

ELITE CAMP

PATTERNS - SPARRING

DEAR TAEKWON-DO COLLEAGUES,

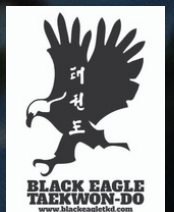
ON BEHALF OF BLACK EAGLE TAEKWON-DO AND VARALA SPORTS CENTRE, IT IS OUR PLEASURE TO EXTEND A FORMAL INVITATION TO THE 2ND ITF ELITE TRAINING CAMP, SCHEDULED TO TAKE PLACE FROM 24 TO 26 JULY 2026 AT THE VARALA SPORTS INSTITUTE IN TAMPERE, FINLAND.

THIS HIGH-PERFORMANCE TRAINING CAMP IS DESIGNED FOR COMPETITIVE ITF TAEKWON-DO ATHLETES WHO ARE COMMITTED TO ELEVATING THEIR SKILLS, REFINING THEIR TECHNIQUES, AND PREPARING FOR THE ITF WORLD CUP IN SPAIN 2026. FOLLOWING THE SUCCESS OF OUR INAUGURAL CAMP, WE ARE PROUD TO OFFER AN EVEN MORE INTENSIVE AND STRUCTURED PROGRAM, LED BY ELITE COACHES AND WORLD-CLASS COMPETITORS.

WELCOME TO TAMPERE,

MASTER THIERRY MEYOUR

24-26.7.26 | TAMPERE, FINLAND



WHY THIS CAMP?

PREPARE FOR THE ITF WORLD CUP WITH DRILLS USED BY 4X WORLD CHAMPIONS, OR REFINE YOUR PATTERNS WITH VIII DAN MASTER THIERRY MEYOUR.

PROGRAM HIGHLIGHTS:

- EXPERT-LED TRAINING SESSIONS – FOCUSED ON SPARRING, PATTERNS, AND COMPETITION STRATEGY, TAILORED FOR ATHLETES AT BLUE BELT LEVEL AND ABOVE (GREEN BELTS BY INVITATION).
- WORLD-CLASS COACHING TEAM – INCLUDING MASTER THIERRY MEYOUR (VIII DAN, ITF FINLAND TECHNICAL DIRECTOR) AND OTHER INTERNATIONALLY RENOWNED INSTRUCTORS.
- STATE-OF-THE-ART FACILITIES – TRAINING AT VARALA SPORTS INSTITUTE, A PREMIER VENUE FOR ELITE ATHLETIC DEVELOPMENT.
- FULL BOARD & RECOVERY SUPPORT – ACCOMMODATION, MEALS, AND RECOVERY SESSIONS (INCLUDING A TRADITIONAL FINNISH SAUNA) TO ENSURE OPTIMAL PERFORMANCE.
- NETWORKING & COMPETITION PREPARATION – AN OPPORTUNITY TO TRAIN ALONGSIDE TOP-TIER ATHLETES AND REFINE YOUR COMPETITIVE EDGE.

WHO IS IT FOR?

- ITF COMPETITORS (JUNIORS/SENIORS) - BLUE BELTS AND ABOVE (GREEN BELTS BY INVITATION).
- COACHES

INSTRUCTORS

- **MASTER THIERRY MEYOUR VIII DEGREE**
 - ITF FINLAND TECHNICAL DIRECTOR.
- **MAARIT TEURONEN (BOXING)**
 - LA28 OLYMPIC TEAM FINLAND COACH, COACH OF MIRA POTKONEN (2X OLYMPIC BRONZE)
- **SOULEIMAN ALAPHILIPPE (SPARRING KICKING DRILLS AND TRAINING METHODS)**
 - PARIS24 ¼ FINALIST , -21 EUROPEAN CHAMPION, SENIOR VICE EUROPEAN CHAMPION (TAEKWONDO)
- **LECTURE: SPORTS PSYCHOLOGY**

TRAIN ALONGSIDE ELITE ATHLETES

- **MIRA SJÖVALL**
 - 4X WORLD CHAMPION, 6X EUROPEAN CHAMPION
 - ON THE ROAD TO LA28
- **ARIELLA FIGUEROA**
 - WORLD CHAMPION & WORLD SILVER MEDALLIST 25
 - WORLD CUP WINNER
 - EUROPEAN CHAMPION
- **JUKKA HOLMÈN**
 - MULTIPLE TIMES EUROPEAN MEDALLIST

SCHEDULE*

FRIDAY 24.7	SATURDAY 25.7	SUNDAY 26.7
	7.15 - 8.00 BREAKFAST	7.15 - 8.00 BREAKFAST
10.00 - 10.30 REGISTRATION	8.30 - 10.30 OUTDOOR TRAINING - S&C	8.30 - 10.30 OUTDOOR TRAINING - S&C
11.00-12.30 PATTERNS FUNDAMENTALS	11.00-12.15 LUNCH	11.00-12.15 LUNCH & CHECK OUT
12.45-13.30 LUNCH	13.00-15.00 PATTERNS , COMPETITION ROUNDS	13.00-15.00 PATTERNS , COMPETITION ROUNDS
14.30 - 16.00 SPARRING FUNDAMENTALS	17.15-18.00 KICKING AND SPARRING	15:00 - 16:30 SPARRING DRILLS & ROUNDS
17.15-18.00 DINNER	17.15-18.00 DINNER	
18.30 - 20.00 LECTURE	19.00 - 22.00 LAKESIDE SAUNA + SNACK	
20.00- 21.00 SNACK		

***ALL SESSIONS ARE OPEN: TRAIN IN PATTERNS, SPARRING, CONDITIONING, OR MIX AND MATCH TO FIT YOUR GOALS.**

PRICING

- **EARLY BIRD: REGISTERED BY 15.5:**
 - 285€ ALL INCLUSIVE (TRAINING, ACCOMMODATION IN DOUBLE/TRIPLE ROOM AND MEALS)
 - 230€ CAMP, MEALS & SAUNA
- **NORMAL: REGISTERED BY 13.6:**
 - 305€ ALL INCLUSIVE (TRAINING, ACCOMMODATION AND MEALS)
 - 250€ CAMP, MEALS & SAUNA
- **RUSH: REGISTERED LATEST BY 11.7:**
 - 325€ ALL INCLUSIVE (TRAINING, ACCOMMODATION AND MEALS)
 - 270€ CAMP, MEALS & SAUNA
- **EXTRAS:**
 - SINGLE ROOM/NIGHT: 34 €/NIGHT - 68 €/2 NIGHTS
 - EXTRA NIGHT THURSDAY TO FRIDAY (B&B): 1 PERSON ROOM 116€ - 2 PERSON ROOM 136 € (68 €/PERSON).

CANCELLATION POLICY: CANCELLATION IS POSSIBLE UP TO THE 23.6 . AFTER THAT DATE, NO CANCELLATION POSSIBLE. POSSIBILITY TO SWITCH PARTICIPANT IS POSSIBLE IF INFORMED LATEST BY THE 20.7

CAMP IS LIMITED TO 50 PARTICIPANTS

SIGN UP NOW!



CONTACT US

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