



INVITATION – IIC CARDIFF, WALES.

Dear Grand Masters, Masters, Instructors and Students,

It is with great pleasure and honour to invite you to the International Instructor Course
To be held in Cardiff, Wales on Friday 31st May - 2nd June 2019.

The IIC will be held from the afternoon of Friday 31st March and will be conducted by the ITF
Technical Committee consisting of:

- Grand Master Hector Marano, IX degree, Argentina;
- Grand Master Ung Kim Lan, IX degree, Germany; and,
- Master Paul McPhail, VIII degree, New Zealand.

The IIC will be held at the Cardiff City House of Sport, Clos Parc Morgannwg, Leckwith,
Cardiff, CF11 8AW.

The IIC is open to all ITF members from 1st degree to 9th degree.

Accommodation is available in the many hotels in the nearby city centre.

Places on the IIC will be limited so book early to avoid disappointment and to guarantee
places.

The event is organised by Mr Neil Ernest and the Welsh Taekwon-Do Association. (AA)

The organising committee comprises:

Mr Neil Ernest VI

Mrs Blanka Ernest

Mr Jeff Brider IV



Detailed information for the IIC

1. VENUE

The IIC will take place at:
Cardiff City House of Sport,
Clos Parc Morgannwg,
Leckwith
Cardiff
CF11 8AW.

<http://www.cardiffcityhouseofsport.co.uk>

<https://mail.google.com/mail/u/0/#inbox/KtbxLwgdcklsggVBtNXFDDvBGcdQNhjHBB?projector=1&messagePartId=0.1>

<https://mail.google.com/mail/u/0/#inbox/QgrcJHsBsbwCPvCBkmZlnVjgscnJRVNsxcQ?projector=1&messagePartId=0.1>

<https://mail.google.com/mail/u/0/#inbox/KtbxLwHLqLvpzJKCSQSRNvcKFNfbvLWSNB?projector=1&messagePartId=0.1>

Please note that neither the venue, the Welsh Taekwon-Do Association nor the organising Committee will be responsible for any injury that might occur during the course.

It is essential that participants have all necessary insurances to cover themselves for all activities undertaken during the course and stay in the UK.

2. TRANSPORT

Travelling to Cardiff by Air

Participants can travel by air to the nearby airports at Cardiff or Bristol, which has regular train connections to Cardiff.

Alternatively, connections can be made via a number of hub airports in Europe to Bristol and Cardiff.

Participants may also consider travelling, as convenient, to other UK airports such as London Heathrow, London Gatwick, Birmingham, Manchester and connecting to Cardiff by train or hire car.



Travel to Cardiff by train

Cardiff is within a 2 hour 30-minute journey from London and there are good connections with other major cities in the UK.

Travelling to the venue in Cardiff by Car

Please use the address provided above in your Satnav.

There will be free parking at the venue.

3. Accommodation

There are many hotels in the city centre which is only 1 mile from the venue.

The following hotels have an allocation of rooms for those attending the IIC there are only a limited number available and will be allocated by the respective hotels on a first come first served basis.

Please use the following code when you book through the hotel concerned.

Please note that the organisers are not responsible for your booking.

The list below provides some idea of the different hotels:

MECURE HOLLAND HOUSE

<https://www.accorhotels.com/gb/hotel-6622-mercure-cardiff-holland-house-hotel-spa/index.shtml>

£112 per night Bed and breakfast – Single Room

£122 per night Bed and Breakfast – Double/Twin Room

COPTHORNE HOTEL CARDIFF

<https://www.millenniumhotels.com/en/cardiff/copthorne-hotel-cardiff-caerdydd/?cid=gplaces-copthorne-hotel-cardiff>

Friday 31st May 2019

£75.00 B&B – Single / £85.00 B&B - Double / £110.00 B&B – Triple Room

Saturday 1st June 2019

£110.00 bb - Single / £120.00 B&B - Double / £145.00 B&B - Triple room



There are many Budget Hotels and Bed and Breakfast options including Premier Inn and Travel Lodge all within a 3 Mile Radius of the Venue.

<https://www.google.co.uk/travel/hotels/Cardiff>

We will provide detailed information on travel arrangements within Cardiff, for participants, after the closing date for participation on the IIC.

4. Meals during the course

There is a small café at the Cardiff City House of Sport and a number of food outlets at the Capital Retail Park which is adjacent to the House of Sport.

5. Banquet

A banquet will be held on Saturday, 1st June to provide an opportunity to meet and talk with the Grand Masters and Masters in a relaxed atmosphere.

The banquet will cater for 150 participants and these will be allocated on a first come first served basis.

In the event of over subscription, the organisers will create a waiting list.

The price will be £40 for three courses with water, wine, soft drinks, tea and coffee included.

Registration for the banquet should be made on the application form.

Further information on the venue, menu and other relevant information will be issued upon receipt of your application.

The dress code for the banquet is smart casual, no jeans, T-shirts or trainers please.

PORTLAND HOUSE

<https://www.portlandhousecardiff.com>

https://www.google.com/search?q=portland+house+cardiff&source=lnms&tbm=isch&sa=X&ved=0ahUKEwi3kZn3g6LfAhUM3KQKHfboDKoQ_AUIDygC&biw=1536&bih=747#imgrc=kx0KgzgYRFPk1M:



6. Itinerary

Registration for the IIC will take place prior to the commencement of the course and Participants will have an opportunity to register from 09:30 am on Friday 31st May 2019 at The Cardiff City House of Sport.

Detailed information will be provided to participants following the closing date for the IIC.

Friday, 31st May 2019

9:30- 13:00 hours registration

14:00- 18:00 Official opening of the IIC and IIC Part 1 ([Participants lined up at 13:50](#))

Saturday, 1st June 2019

08:00 Training hall opens

9:00-13:00 IIC Part 2 ([Participants lined up at 08:50](#))

13:00-14:30 Lunch Break

14:30-17:00 IIC Part 3 ([Participants lined up at 14:20](#))

19:30 Banquet

Sunday, 2nd June 2019

07:30 Training hall opens

09:00 Official Group photograph

09:30-12:30 IIC Part 4

12:30-13:30 Closing of the IIC and informal group photographs



7. Course content

The IIC will include the following programme and/or qualifications:

- Patterns from Chon-Ji to Tong-II;
- Step sparring;
- Self-defence;
- ITF Instructor qualification, IV degree and above; and,
- Promotion tests up to VIII degree with the approval of the individual's National Governing Body and ITF, where necessary.

8. Course registration

Once your registration has been received, we will provide updates and further information to help you in preparing for the IIC.

Registration must be made via the application form.

Please download and complete the Excel application forms available on the ITF and AETF websites or request the application form by email from iicwales2019@gmail.com

Once completed please send your application forms to iicwales2019@gmail.com

Please ensure that both forms are returned.

The closing date for the receipt of applications including relevant payments is 19th April 2019.

Applications received after this date may not be accepted.

Provisional registrations on the IIC will be held for ten days.

Once payment has been received your registration will be confirmed.

You will receive confirmation to email address supplied when applying for a place on the IIC.

No refunds can be made once provisional places have been confirmed.

Participants must also make application to their NA (National Association) or AA (Allied Association) to register their participation via the ITF online system.

Final Registration between 09:30 and 13:00 on 31ST May 2019 at the venue.

Further details will be provided to all those who have secured a place on the IIC.



9. Payment of fees

The following ITF participation and IIC organisation fees are stipulated in the ITF By-Laws and are:

IIC COURSE FEE INCLUDING ORGANISATION FEE (in £ GBP)

1st to 3rd degree - £175
4th to 6th degree - £205
7th to 8th degree - £130
9th degree - £55

BANQUET FEE (in £ GBP)

£40.00

The ITF Participation Fees Inscription/ Organisation and banquet fees are to be paid by Bank Transfer to the following account:

Ne-Sport & Fitness
Barclays Bank PLC
Address: 241 Cowbridge Road East, Canton, Cardiff, CF11 9TB
Sort Code: 20-18-27
Account Number: 63349810
IBAN: GB07BARC20182763349810
SWIFT: BARCGB22

Please ensure that all bank charges are paid by the sender and that you use the IIC registration number supplied by the organisers.



10. Tests for degree promotion

There will be an opportunity for participants to test for degree promotion, those wishing to do so must:

- Send the appropriate application form, letter of approval from the appropriate National/ Allied Association, thesis and curriculum vitae through their National/ Allied Association at least one month before the test date to the ITF Administrative Headquarters;
- Bring 5 wooden boards measured 30x30x2 cm (only for those testing for IV to VIII degree);
- Pay the appropriate fees, in cash, one hour prior to the grading test;
- No spectators are permitted to attend the degree promotion tests; and,
- The candidate may be accompanied by their instructor.



11. Rules for the IIC

The following rules apply throughout the IIC:

- Participants must wear an official ITF dobok which must be a clean and ironed;
- Before each session participants must line up to welcome the Grand Masters and Masters;
- After each session participants remain in place until the Grand Masters and Masters leave the training hall;
- Participants must act according to the principles of Taekwon-do;
- Participants standing at ease must assume ready stance with their hands behind their back always;
- Participants sitting at ease must cross their legs and never show the soles of their feet to the Grand Masters and Masters;
- Participants are permitted to ask questions but, in all cases, they should stand up, bow and assume a ready stance with their hands behind their back. When asking questions, this should include the questioners name and country;
- No spectators are permitted in the training hall during the IIC;
- Filming and photography are only permitted with the prior approval of the Chairman of the IIC Committee; and,
- The IIC certificate of participation will only be issued to those who have completed the full course.



12. Other information

Participants should verify whether there is a need to secure a visa to enter the UK and where necessary make the appropriate arrangements before travelling to the IIC. Cardiff and the surrounding country provides many opportunities for sightseeing and other tourist activities.

https://www.tripadvisor.co.uk/Attractions-g186460-Activities-c61-Cardiff_South_Wales_Wales.html

We look forward to welcoming you to Cardiff at the IIC.

Yours in Taekwon-Do,

Mr Neil Ernest – VI Degree
President - Welsh Taekwon-Do Association