

INTERNATIONAL HARMONY COURSE

YLÖJÄRVI, FINLAND

25–26 October 2025

itf
Taekwon-Do
Harmony



INVITATION TO INTERNATIONAL HARMONY COURSE

Ylöjärvi, Finland, October 25 to 26, 2025

Dear Grand Masters, Masters, Instructors and Taekwon-Do practitioners,

We are proud to invite you to the International Harmony Course, Taekwon-Do adapted for older adults, in Ylöjärvi, Finland, on October 25 to 26, 2025. The course is organized by ITF Taekwon-Do Finland and Taekwon-Do Center, in cooperation with the International Taekwon-Do Federation.

Taekwon-Do Harmony is a program created by Master Gastón Casero, 7th Degree, together with GM Pablo Trajtenberg, 9th Degree, to teach Taekwon-Do to older adults in a healthy framework through age-appropriate teaching methods. This International Harmony Course is also useful for instructors who teach people of other age groups.

This edition of the International Harmony Course is open to all ITF members from blue belt to black belt. The course is designed for people who teach or assist with Taekwon-Do classes in their club, or who are interested in doing so in the future.

The course will be taught by Master Gastón Casero, 7th Degree, from Argentina. Master Casero is the chairman of ITF Harmony Committee. The course will be taught in English.

Welcome!

On behalf of the organizing committee



Tarja Korhonen

President

ITF Taekwon-Do Finland

Contact information

Contact e-mail:

ihcfinland2025@taekwon-do.fi

Website:

<https://taekwon-do.fi/ihcfinland2025/>

Facebook-event:

<https://www.facebook.com/events/838097171988055>

Please be wary of any other Facebook events or pages that may be fraudulently created before the event. If you suspect a fraud, please contact the above-mentioned e-mail address about it.

Date and venue

IHC Finland 2025 will be held in the city of Ylöjärvi on 25th and 26th October, 2025. Ylöjärvi is located 195 km from Helsinki, the capital of Finland, and 15 minutes from Tampere, the host city of the 2023 World Championships.

Venue: Taekwon-Do Center dojang

Address: Elotie 2, 33470 Ylöjärvi

Registration

All participants must register to the IHC **by October 5, 2025** at the latest. However, participants should register as soon as possible, as the number of places is limited. Registration is a two-step process:

1. Organizer registration

The registration to the organizer is done using ITF Finland's online system (TKDMAN).

Please contact Mr Lasse Kuusisto to get your credentials to the database:

lasse.kuusisto@taekwon-do.fi

PLEASE NOTE! From international participants, we also require your organization's invoicing information to be filled in using this form: <https://forms.gle/Zot1CaJwccheUtwP7>

2. ITF registration

The participants must also register to the official ITF database. This is done through your national organization.

Please complete **both steps** of the registration as soon as possible, but **by October 5, 2025** at the latest.

Check-in

The meeting point for check-in will be at the venue. Check-in will be open on Saturday October 25th at 10:00 to 10:45.

Tuition fees and payment

Degree	Course fee	Organizing fee	TOTAL
4th gup to 6th degree	105€	60 €	165 €
7th to 8th degree	87€	60 €	147 €
9th degree	0 €	60 €	60 €

An invoice with payment details will be sent to the participants' clubs after the final registration deadline.

Cancellation policy after the final registration deadline

- The organizing fee is non-refundable under any circumstances related to either traveling issues (visas, flight delays, etc.) or medical issues.
- The course fee will be 85 % refundable.

Syllabus of the IHC

During the course, we will explore how to work in a healthy way with older adults who are beginning Taekwon-Do (TKD).

The topics for Day 1 and Day 2 will be as follows:

- Introduction; What is Taekwon-Do Harmony; Who it is for; How it originated; Who can teach it.
- Demographic growth, benefits and possibilities; Benefits of physical activity; Benefits of practicing Taekwon-Do for older adults; Objectives of older adults; Motivation.
- Common physical, psychological, and social characteristics of older adults; The Principles of TKD; The Student Oath; connection of the *Do* with moral culture, the principles, the oath, and the objective of TKD.
- Chronological, biological, and functional age.
- Health: definition, prevention, promotion, importance.
- What to do before starting to teach; Measurement, SFT, Information, preparation. Characteristics of the Dojang, importance of knowing the student.
- Possibilities vs Limitations.
- Falls: intrinsic and extrinsic causes, consequences, prevention. How to get up.
- Controlled physical work, measurements.
- Strength: what it is and how to work on it; Endurance: what it is and how to work on it; Speed: what it is and how to work on it; Joint mobility: what it is and how to work on it; Coordination: what it is and how to work on it; Memory: what it is and how to work on it.
- How to organize the class: characteristics, duration, contents.
- 7 levels of exercise difficulty, adjustment variables.
- Execution of patterns and possible adaptations.
- Mind-body connection, relaxation, breathing, meditation.
- Opportunities for practitioners within Taekwon-Do.

Course schedule

Saturday October 25th

11:00 - 14:00	Course part 1
14:00 - 15:30	Lunch break
15:30 - 18:30	Course part 2

Sunday October 26th

10:30 - 13:30	Course part 3
13:30 - 15:00	Lunch
15:00 - 18:00	Course part 4
18:00	Closing ceremony of the IHC

Accommodation

Each participant is responsible for booking their own accommodation.

The nearest hotel is Omahotelli ([Oma Hotelli Ylöjärvi](#)). Tampere hotels are a 15 minute drive away. Please contact the organizer if you need assistance in finding suitable accommodation.

Meals

There are several places offering lunch and dinner a few minutes' walk from the venue.

Traveling to Ylöjärvi

How to get to Ylöjärvi by air

- 1) Via Helsinki airport (HEL)
There are frequent train and bus connections from Helsinki airport to Tampere.
- 2) The nearest airport is Tampere (TMP). Flight connections to Tampere can be found here: [Flight Connections – Find the best Tampere tips!– Visit Tampere](#)

Local public transportation

There is a tram and bus connection from Tampere to Ylöjärvi. Schedule information can be found here: [Schedules and routes - Nysse, Tampere regional transport](#).