



Sabumnim Mark Trotter Pattern Seminar in Helsinki

University of Helsinki Taekwon-Do club welcomes you to Sabumnim Mark Trotter Pattern Seminar held in Helsinki 2nd–3rd September 2023!

The seminar is open for all ITF Taekwon-Do trainers who have minimum yellow belt (8 gup) and are at least 14 years old.

Seminar will be conducted by **Sabumnim Mark Trotter, 6. Dan**, from New Zealand. Mark Trotter is nine-time World Champion and four-time World Cup Champion. He has received international competition medals in patterns, sparring and traditional sparring. Sabumnim Trotter is the chairman of ITF Athletes' Committee, and he coaches the New Zealand national team. He has coached several world champions during his 33 years' experience in martial arts.

Together with Sabumnim Trotter, **Boosabumnim Brend Contti, 3. Dan**, from New Zealand, acts as the assistant instructor of the seminar. Brend Contti is known as a physical coach for the New Zealand national team. She was also Sabumnim Trotter's personal physics and coach.

Theme of the seminar is patterns. Various aspects will be covered, such as how to develop physical abilities needed in patterns, presentation of patterns, jumps and kicks performed in patterns, and patterns as a whole.

The seminar will be conducted in English. In addition to dobok, please bring some paper and a pen with you to take notes. If you have kicking pads, you can also bring them.

Training times

Saturday 2nd September

9.00 Doors will be opened

9.10–9.30 Sign-up and payments

10.00–12.00 Training 1

12.00–14.00 Lunch break

14.00–15.30 Group photo and training 2

15.30–15.45 Break

15.45–16.45 Training 3

16.45–17.45 Training for black belts

19.30–21.00 Dinner



Sunday 3rd September

9.00 Doors will be opened

9.10-9.30 Sign-up and payments (for those attending only on Sunday)

10.00–12.00 Training 4

12.00–14.00 Lunch break

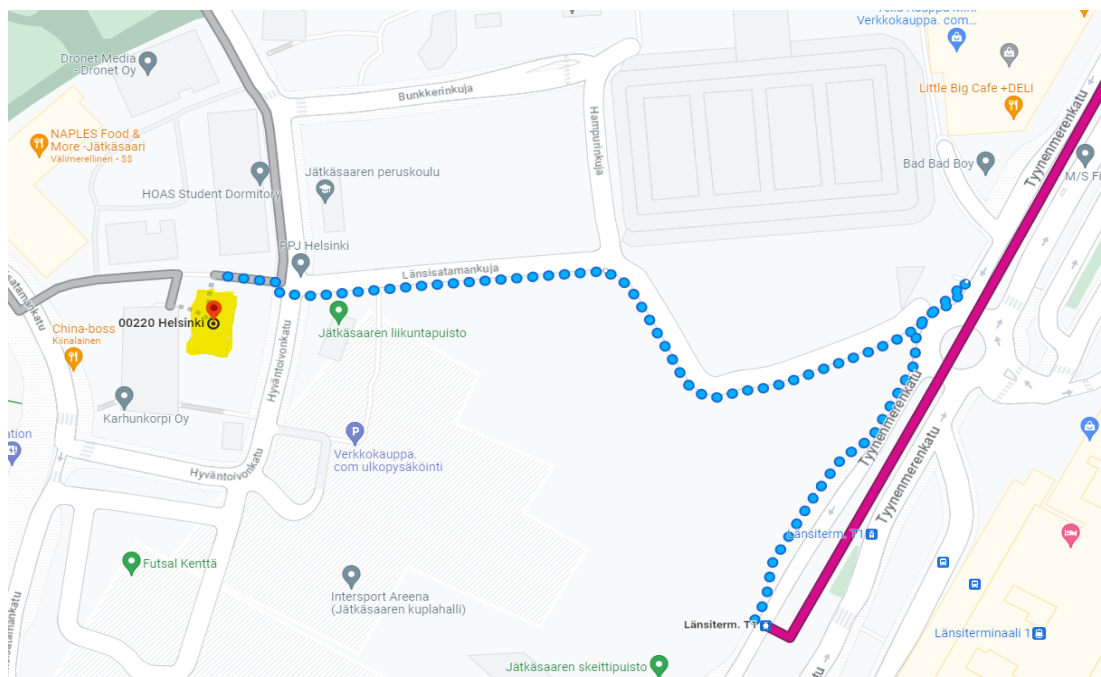
14.00–15.30 Training 5

Venue

Seminar will be held in Jätkäsaaren koulun liikuntasali (address: Hyväntoivonkatu 1, Helsinki. Training hall highlighted in yellow in the map below), 2 kilometres from Helsinki city centre.

We recommend everyone to arrive at the training hall using public transport. In the Helsinki region, the easiest way is to install 'HSL – liput ja reittiopas' -application to your smart phone. In the HSL app (internet connection required), you are able to search routes to your destinations and buy tickets to public transportation (the same ticket is valid for buses, trams, trains and metros operating in the Helsinki region). Please notice that there are no ticket sales in vehicles. Optionally, you can purchase tickets from ticket vending machines, which are located at all the biggest stations (i.e. airport, central railway station). More information about public transport in Helsinki can be found on [HSL website](https://hsl.fi/en).

If you need advice about public transport, or you are arriving for example by car, feel free to contact organizers to get more information (contact details below).





Seminar fee and registration

Two days 70 €

One day 45 €

Registration to the seminar will be opened June 6th via following link: <https://hytkd.nettilomake.fi>

Please notice that there will be a limited number of places in the seminar. Places are allocated between the organizer club, ITF Finland and international Taekwon-Do trainers. In total 30 seats have been reserved for international Taekwon-Do practitioners, and the seats will be filled in the registration order. The quotas are valid until 30th June. After that, if there are any seats left from quotas, rest of the seats will be given to trainers in the registration order. Because of that, we recommend registering to the seminar even if allocated 30 seats have already been taken.

Organizers will send a confirmation e-mail to everyone who registered to the seminar. In this e-mail, the organizers will confirm participation in the seminar.

Payments for the seminar will be collected in the training hall before the seminar starts. Payments will be collected by card payment only. All most common bank/credit cards are accepted (Visa, Master Card, American Express, Diners Club, UnionPay, Apple Pay, Google Pay).

Lunch

Organizers have ensured that all participants have a possibility to eat warm lunch during the seminar lunch break. There will be an optional, self-paid joint lunch in restaurant Hima & Sali, which is around 15 minutes walking distance from the seminar venue. There are also grocery stores and smaller restaurants near the training hall. Please inform before 2nd August if you would like to join the joint lunch via Google Forms: <https://forms.gle/ZxYd9kbNMy3z1CYC9>

Dinner

After the first seminar day, we arrange an optional, self-paid dinner in restaurant Kultá (address: Bulevardi 28, Helsinki). The dinner is open for all seminar participants. Welcome to join for a relaxed social evening! Please inform the organizers if you wish to participate in the dinner before 2nd August via same Google Forms as lunches: <https://forms.gle/ZxYd9kbNMy3z1CYC9> Dresscode for the dinner is smart casual.

Insurance, club membership



Organizers have not insured the participants. Make sure you have your own insurance which covers possible injuries. All the participants must be a member of some ITF Taekwon-Do club and take care of any obligations their club or national association requires (for example training licenses).

Accommodation

As the capital of Finland, there are several hotels in Helsinki to stay in. Less than 15 minutes walking distance from the seminar venue, there are for example following options:

- [Clarion Hotel Helsinki](#) (****)
- [Hotel AX](#) (****)
- [Radisson Blu Seaside Hotel Helsinki](#) (****)
- [Hiisi Hotel Helsinki](#) (***)

Contact details

If you have any questions regarding the seminar, do not hesitate to contact organizers via email / Whatsapp:

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