



World Class Sparring Seminar



Master Ireno Fargas Olympic Coach

7th Dan, European and World Champion, former National Coach of Spain & France, considered by many as the best TaeKwonDo coach in the world.

Early Registration November 20th
Late Registration Dec 1st
Register soon Space is limited!

Ms. Ivana Vujcic
Croatian National Olympic Team Member

December 4-5th

Friday Dec 4th 6-8pm

Sat Dec 5th

10:30-12:30 / 2:30-4:30pm

Amy's Martial Arts

104 S. State St. OREM 84058

(801) 362-8219 / 765-1039

All belt & All ages (divided into groups)

1 Session \$35 / All Sessions \$60



Ask for Private Training from the best!

World Class Sparring Seminar Schedule

KIDS PROGRAM

Friday Session
6-8pm (2 hours)

**Flexibility & Specific Taekwondo
Games for kids**

Saturday Morning Session
10:30-12:30pm (2 hours)

**Coordination & Agility Applied to
Taekwondo for kids**

Saturday Afternoon Session
10:30-12:30pm (2 hours)

Taekwondo Sparring Games

Little Dragons are encouraged to participate in all sessions

JUNIORS & ADULTS

Friday Session
6-8pm (2 hours)

**Systematic Warm up and physical
preparation specific for taekwondo**

Saturday Morning Session
10:30-12:30pm (2 hours)

**Systematic Technical Trainings
Specific for Taekwondo**

Saturday Afternoon Session
10:30-12:30pm (2 hours)

**Systematic Tactic & Strategic
Trainings Specific for Taekwondo**

***Olympic Coach Ireno Fargas is known as the best
coach in the world so don't miss out this
First Class training here in Utah***

Register at your school!

What to bring for training?

**Taekwondo Uniform, Water Bottle, Notebook, Camera and
Sparring Gear**