



# 02-03.12.2017 ITF RADIX SEMINAR

## Self-Defense Applications of ITF Tuls

ITF Radix is a Self-Defense system based on movements from our own ITF patterns. It is a great opportunity to learn – in depth – applications of our Tul movements in a realistic setting.

The word Radix means “root” (of a plant) or “the smallest meaningful unit” (of a language). It refers to the search for the roots and the tactical treasures of the ITF Tuls, to recover and develop techniques that have meaningful self-defense applications.

Sabums Robert Boer (VI) and Roy Rolstad (V), both professionals in tactical self-defense, will be conducting the seminar.

**Registration: [info@taekwondoschoolamsterdam.nl](mailto:info@taekwondoschoolamsterdam.nl)**

**Weekend ticket: EUR 95,-.**

**Payment by bank transfer. IBAN: NL96 ABNA 0537 8681 00 | BIC: ABNANL2A**

Programme:

### Saturday December 2<sup>nd</sup> 2017

9.30-10.00	Arrival and Registration
10.00-12.00	Seminar part 1
12.00-13.30	Lunch Break
13.30-17.00	Seminar part 2

### Sunday December 3<sup>rd</sup> 2017

10.00-12.00	Seminar part 3
12.00-13.00	Lunch Break
13.00-15.30	Seminar part 4
15.30-16.00	Certificates and Closing

ITF RADIX  
SEMINAR  
AMSTERDAM  
02-03.12.2017

ITF Taekwon-Do  
Based Self-  
Defense

Realistic  
Application of ITF  
Taekwon-Do  
Techniques

With Sabums  
Robert Boer and  
Roy Rolstad

FEE (WEEKEND): € 95,-  
From 14 years up. All grades.

Registration:  
[info@taekwondoschoolamsterdam.nl](mailto:info@taekwondoschoolamsterdam.nl)  
Payment: Taekwon-Do School  
Amsterdam.  
IBAN: NL96 ABNA 0537 8681 00  
BIC: ABNANL2A

LOCATION:  
TAEKWON-DO SCHOOL AMSTERDAM  
Jan van Galenstraat 31, 1051 KM  
Amsterdam

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