

SOMMERFESTIVAL BRANDBU 2011

PROGRAM

v.1.3



TRADITIONAL TAEKWONDO UNION
전통태권도회

Sunday / Søndag 26. juni

Time/Tid	Sports Hall 1	Sports Hall 2	Sports Hall 3	Gymsalen		Football field	
19:00 – 21:00	Dan promotion test / dangradering – 4. dan +						

Monday / Mandag 27. juni

Time/Tid	Sports Hall 1	Sports Hall 2	Sports Hall 3	Fællesrom	Gymsalen	Football field	Køkken
08:00 – 09:00	Breakfast / Frokost – Canteen/Kantin						
09:00 – 13:00	Dan promotion test / dangradering – 1-3. dan						
13:00 – 14:00	Lunch – Canteen/Kantin						
14:15 – 14:45	Club leder / instructor meeting (In office)						
15:00 – 15:45	Intruduction/ Welcome- everybody	Intruduction/ Welcome- everybody	Intruduction/ Welcome- everybody	(Everybody in dobog)			
16:00 – 17:00	<i>Kodanja meeting In office</i> <i>GM. Cho</i>					Fælles børne/ungdom samling	
18:00 – 19:00	Dinner / Middag – Canteen/Kantin						
19:30 – 20:30	Kyreugi/kamp Open for Everybody M. Lee Gae Haeng		Poomsae Open for Everybody M. Jensen & M. Anderstuen	Koreansk Sprogkursus Open for Everybody M. Løbak	Trad. Korean dance Open for everybody Jin Hi Gong	Sim Ki Shin Open for Everybody Korean Master instructors	19:00 – 20:45 Speciel Korean mad/food making "Kimchi" Voksne / Adults only
21:00 – 22:00	Opening ceremony in the gym / Åpningsseremoni i gymsal (Everybody in dobog)						

Tuesday / Tirsdag 28. juni

Time/Tid	Sports Hall 1	Sports Hall 2	Sports Hall 3	Fællesrum	Gymsalen	Football field	Køkken
06:00 – 07:00					Su Shin Everybody M. Anderstuen		
07:00 – 08:00					Sim Ki Shin 4.dan + Korean Master Instructors		
08:00 – 09:00	Breakfast / Frokost – Canteen/Kantin						
09:30 – 10:45	Group 1 M. Lee Gae Haeng	Group 2 M. Myhren	Group 3 M. Anderstuen		Group Barn/Junior u/15 år –Other program		
10:45 – 12:00	Group 4 M. Løbak	Group 5 M. Damaso	Group 6 GM. Cho		Group Barn/Junior u/15 år –Other program		
12:00 – 13:00	Lunch – Canteen/Kantin						
13:15 – 13:45	Camp-Photo	Garden (Everybody in dobog)					
14:00 – 15:00	Kireugi/kamp Open for Everybody M. Lee Gae Haeng	Trad. Korean dance Open for everybody Jin Hi Gong	Sim Ki Shin Open for Everybody Korean Master instructors				
15:15 – 16:30	Group 4 M. Anderstuen	Group 1 M. Jensen	Group 2 M. Damaso	Parents/foreldre In Sports hall M. Løbak	Group Barn/Junior u/15 år –Other program		
16:30 – 17:45	Group 3 M. Myhren	Group 6 M. Damaso	Group 5 M. Olsen		Group Barn/Junior u/15 år –Other program		
18:00 – 19:00	Dinner / Middag – Canteen/Kantin						
19:30 – 20:30	Kyreugi/kamp Open for Everybody M. Lee Gae Haeng	Taeguk/Poomsae Black belts only M. Jensen	Hosinsul Open for Everybody M. Myhren	Koreansk Sprogkursus Open for Everybody M. Løbak	Trad. Korean dance Open for everybody Jin Hi Gong		19:00 – 21:00 Speciel Korean mad/food making "Bulgogi" Voksne / Adults only
21:00 – 22:00	TTU annual meeting / Årsmøte TTU & Yudanja / Sortbælte møde – Canteen/Kantin						

Info (DK/NO)

Gr.1 Hvid - grøn
Gr.2 Blå - Rød
Gr.3 3 kup – 1 kup
Gr.4 1 dan
Gr.5 2 dan
Gr.6 3 dan+ Master

Barn/Junior u/15 år -
have other program

Info (EN)

Gr.1 White - green
Gr.2 Blue - Red
Gr.3 3 kup – 1 kup
Gr.4 1 dan
Gr.5 2 dan
Gr.6 3 dan+ Master

Kids/Junior u/15 year -
have other program

Wednesday / Onsdag 29. juni

Time/Tid	Sports Hall 1	Sports Hall 2	Sports Hall 3	Fællesrom	Gymsalen	Football field	Køkken
06:00 – 07:00					Su Shin Everybody M. Jensen		
07:00 – 08:00					Sim Ki Shin 4.dan + Korean Master instructors		
08:00 – 09:00	Breakfast / Frokost – Canteen/Kantin						
09:30 – 10:45	Group 5 M. Jensen	Group 6 M. Anderstuen	Group 1 M. Damaso	Parents/foreldre In Sports Hall M. Olsen	Group Barn/Junior u/15 år –Other program		
10:45 – 12:00	Group 4 M. Myhren	Group 3 GM. Cho	Group 2 M. Jensen		Group Barn/Junior u/15 år –Other program		
12:00 – 13:00	Lunch – Canteen/Kantin						
14:00 – 15:30	Muye tournament / konkurranse			(Sports Hall 1+2+3)			
16:00 – 17:30	Martial arts demonstration / oppvisning			(Sports Hall 1+2+3)			
18:00 – 19:30	Dinner / Middag – Koreansk grilmad / Korean food						
20:15 – 21:15	Kyreugi/kamp <i>Advanced/high level From blue belt</i> M. Damaso	Poomsae Open for Everybody M. Jensen & M. Anderstuen	TTU Pomsae Voksne / Adult only M. Olsen	Koreansk Sprogkursus Open for Everybody M. Løbak	Trad. Korean dance Open for everybody Jin Hi Gong	Sim Ki Shin Open for Everybody Korean Master instructors	

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Kids/Junior u/15 year -
have other program

Thursday / Torsdag 30. juni

Time/Tid	Sports Hall 1	Sports Hall 2	Sports Hall 3	Garden in front	Gymsalen	Football field	Køkken
06:00 – 07:00					Su Shin Everybody M. Myhren		
07:00 – 08:00					Sim Ki Shin 4.dan + Korean Master instructors		
08:00 – 09:00	Breakfast / Frokost – Canteen/Kantin						
09:30 – 10:45	Group 1 M. Løbak	Group 2 M. Damaso	Group 3 M. Jensen	Parents/foreldre In Sports Hall M. Anderstuen	Group Barn/Junior u/15 år –Other program		
10:45 – 12:00	Group 4 M. Olsen	Group 5 M. Myhren	Group 6 M. Løbak		Group Barn/Junior u/15 år –Other program		
12:00 – 13:00	Lunch – Canteen/Kantin						
13:30 – 17:30	To the beach <i>Everybody, with dobog & swimsuit</i> Training & GAMES						
18:00 – 19:00	Dinner / Middag – Canteen/Kantin						
19:30 – 20:30	Kyreugi/kamp <i>Open for everybody</i> M. Lee Gae Haeng		Kodanja/Master GM. Cho	Sim Ki Shin Open for Everybody Korean Master instructors	Trad. Korean dance Open for everybody Jin Hi Gong		19:00 – 21:00 Speciel Korean mad/food making "Koreanske madpandekager" Voksne / Adults only
20:30 – 21:30	Kyreugi/kamp <i>Advanced/high level From blue belt</i> M. Lee Gae Haeng		Kodanja/Master GM. Cho				
20:30 – 23:00	Disco – Barn						

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Kids/Junior u/15 year -
have other program

Friday / Fredag 01. juli

Time/Tid	Sports Hall 1	Sports Hall 2	Sports Hall 3	Fællesrom	Gymsalen	Football field	
06:00 – 07:00					Su Shin Everybody M. Damaso		
07:00 – 08:00					Sim Ki Shin 4.dan + Korean Master instructors		
08:00 – 09:00	Breakfast / Frokost – Canteen/Kantin						
09:30 – 10:45	Group 4 <i>M. Løbak</i>	Group 3 <i>M. Damaso</i>	Group 2 M. Olsen		Group Barn/Junior u/15 år –Other program		
10:45 – 12:00	Group 1 M. Anderstuen	Group 6 M. Olsen	Group 5 GM Cho		Group Barn/Junior u/15 år –Other program		
12:00 – 13:00	Lunch – Canteen/Kantin						
13:30 – 14:45	Kireugi/kamp Open for Everybody <i>M. Lee G. Haeng</i>				Kup – graduation M. Berg M. Anderstuen	Sim Ki Shin Open for Everybody Korean Master instructors	
15:00 – 16:15	Group 3 M. Olsen	Group 4 <i>M. Damaso</i>	Group 2 M. Løbak	Trad. Korean dance Open for Everybody Jin Hi Gong	Kup – graduation M. Berg M. Anderstuen		
16:15 – 17:30	Group 6 M. Jensen	Group 5 M. Lee Gae Haeng	Group 1 M. Myhren	Parents/foreldre M. Anderstuen			
18:00 – 20:00	Dinner / Middag – Canteen/Kantin						
20:15 -21:45	Closing ceremony / Avslutningsseremoni (Everybody in dobog)						
22:00 – 02:00	Adult / Voksne social party						

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Kids/Junior u/15 year -
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Program for børneleir

Tid	Mandag	Tirsdag	Onsdag	Torsdag	Fredag
9-10 Instruktør: Aktivitet:	Hold 1 SR/HH Spark på puder	Hold 1 IM/AK Opvisnings- trøning	Hold 1 SR/HH Hosinsul	Hold 1 BR/ØO Flyvespark	Hold 1 BR/ØO Poomse
10-11 Instruktør: Aktivitet:	Hold 2 BR/ØO Spark på puder	Hold 2 IM/AK Opvisnings- trøning	Hold 2 SR/HH Hosinsul	Hold 2 IM/AK Flyvespark	Hold 2 BR/ØO Poomse
11-12 Instruktør: Aktivitet:	Hold 3 IM/AK Spark på puder	Hold 3 IM/AK Opvisnings- trøning	Hold 3 SR/HH Hosinsul	Hold 3 SR/HH Flyvespark	Hold 3 BR/ØO Poomse
11.30-13.30 Lunch					
14.30-15.30 Instruktør: Aktivitet:	Hold 1 SR/HH Kampteknik	Hold 1 IM/AK Kampteknik	Opvisning	Alle Tur til søen	Hold 1 BR/ØO Valgfri
15.30-16.30 Instruktør: Aktivitet:	Hold 2 IM/AK Kampteknik	Hold 2 BR/ØO Kampteknik	Opvisning	Alle Tur til søen	Hold 2 SR/HH Valgfri
16.30-17.30 Instruktør: Aktivitet:	Hold 3 BR/ØO Kampteknik	Hold 3 SR/HH Kampteknik	Opvisning	Alle Tur til søen	Hold 3 AK Valgfri
17-19 Kvældsmad					
18-19.15 Instruktør: Aktivitet:	Hold 1-3 BR Fotball i hold	Hold 1-3 IM Hockey i hold	Hold 1-3 AK Basket i hold	Hold 1-3 SR Disco eller film	Hold 1-3 ØO Løpetur

Hold 1 = børn fra 6-11 år
 Hold 2 = børn 13 år
 Hold 3 = børn fra 12 år eller 14 år

BR=Birger Røsæther
 SR=Sigrid Rui
 IM=Imad Malik
Hjelpelinstruktører:
 AK=Adam Kemp
 ØO=Øyvind Olsen
 HH=Hamar TKD

