



# I.T.F **Radix** Course

Stonehaven, Scotland

Sat 11<sup>th</sup> & Sun 12<sup>th</sup>

June 2016

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Northern Taekwon-Do Academies  
33 South Esplanade West,  
Aberdeen AB11 9AA  
Scotland, UK

Dear Grand Masters, Masters, Instructors and Students,

**RE: 1<sup>st</sup> RADIX - COURSE, 11 – 12th 2016, STONEHAVE, ABERDENSIRE, SCOTLAND**

On behalf of our Masters and Instructors of Northern Taekwon-Do Academies (NTA) we would like to invite you to the 1<sup>st</sup> RADIX, Self Defence course to be held in the UK.

The ITF Radix system is a Self Defence course based on movements from our own ITF patterns and is a great opportunity to learn, in depth, the application/s of our Tul movements in a realistic situation. For more information on the Radix program please check out

[http://www.itfradix.com/ITF\\_RADIX\\_Project/Welcome.html](http://www.itfradix.com/ITF_RADIX_Project/Welcome.html)

This course is open to all grades from the age of 13yrs and above. Younger students may be accepted if training with a parent.

We hope you can join us in what will be a fantastic opportunity to apply many of your Taekwon-Do techniques like never before.

On behalf of the NTA Organising Committee

Regards  
Mr Mark Boydell V

## COURSE INFORMATION

### VENUE

The course will take place at Mackie Academy, Slug Road, Stonehaven, AB39 3DF  
<https://goo.gl/maps/VaW8wGW8o5N2>.



Stonehaven is a beautiful seaside town situated in the north east of Scotland  
(<http://www.stonehavenguide.net>).



## COURSE ITINERY (AT VENUE)

### Saturday 11<sup>th</sup> June.

0900 – 0950 registration  
1000 – 1300 Session 1  
1300 – 1400 Lunch  
1400 – 1700 Session 2

### Sunday 12<sup>th</sup> June.

1000 – 1300 Session 3  
1300 – 1400 Lunch & Course Photograph  
1400 – 1700 Session 4  
1700 Depart!

Please note that meals are not included and that there are no on-site shops/restaurants for food. All water & food must be brought to the venue or alternatively there is a small supermarket within a 2-minute walk.

## COURSE REGISTRATION and PAYMENT of COURSE FEES

### INDIVIDUAL REGISTRATION

Please use course enrolment form (Excel version preferred) provided with the information package and send to [boydell.tkd@sky.com](mailto:boydell.tkd@sky.com)

Once received we will send you a confirmation email of your participation.

### COURSE FEE

i) All Participants £85

The fee is required to be paid when the application is applied for. Please make this payment through e-banking to the following details and reference:

<b>Name of Account:</b>	<b>Northern Taekwon-Do Academies</b>
Address of Account Holder:	33 South Esplanade West, Aberdeen, AB11 9AA
Account No:	74756568
Sort Code:	873402
BIC:	TSBSG21179
IBAN:	GB46 TSBS 8734 0274 7565 68
Bank Name:	Lloyds TSB
Bank Address:	Victoria Road, Torry, Aberdeen
<b>REFERENCE:</b>	<b>RADIX + NAME</b>

## HOTEL & B&B ACCOMMODATION

Accommodation information can be found using the following link  
<http://www.stonehavenguide.net/accommodation.html>

## TRAVEL INFORMATION

### ARRIVING BY AIR – ABERDEEN

Flying in to Aberdeen would be our recommendation for those travelling from outside Scottish borders. **Aberdeen Airport (ABZ)**, at Dyce in the north of the city, serves a number of domestic and international destinations. Being the Oil Capital of Europe, Aberdeen has an International Airport and has direct links to Europe:

- i. Norway (Bergen, Stavanger, & Oslo)
- ii. Netherlands (Amsterdam Schiphol)
- iii. Germany (Frankfurt)
- iv. France (Paris Charles de Gaul)
- v. Ireland (Dublin)
- vi. Switzerland (Geneva)

**Aberdeen Airport (ABZ)** also has many internal UK links:

- i. London (Gatwick, Heathrow, Luton & Stanstead)
- ii. Manchester
- iii. Birmingham
- iv. Leeds / Bradford
- v. Norwich
- vi. Southampton
- vii. Newcastle

Link: <http://www.aberdeenairport.com/>

Anyone travelling from outside the country please contact us directly and we will advise your internal route

### ARRIVING BY TRAIN - STONEHAVEN



**Stonehaven Railway Station** is on the main UK rail network and First Scotrail , East Coast Trains and Virgin Trains have frequent direct trains to major cities such as Edinburgh, Glasgow, Aberdeen and Inverness.

### ARRIVING BY CAR

Main Routes from the South to Stonehaven will all converge at Perth then the main route North will be the A90. Sat Nav will get you to the destination. In summary from Glasgow (Airport) you need to follow M8, M80, M9, A9 then A90. From Edinburgh (Airport) you need to follow A8, M9, M90, then A90.

## APPENDIX

### COURSE APPLICATION FORM

 <b>Northern Taekwon-Do Academies</b> <i>Radix Self Defence Course June 11 &amp; 12-15 2016</i> 				
<b>City:</b> <input style="width: 90%;" type="text" value="Stonehaven"/>	<b>Country:</b> <input style="width: 90%;" type="text" value="SCOTLAND"/>			
<b>PARTICIPANT CONTACT DETAILS</b>				
<b>TITLE</b> <input style="width: 100%;" type="text"/>	<b>FORENAME</b> <input style="width: 100%;" type="text"/>			
<b>D.O.B.</b> <table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 33%; text-align: center;">DAY</td> <td style="width: 33%; text-align: center;">MONTH</td> <td style="width: 33%; text-align: center;">YEAR</td> </tr> </table>	DAY	MONTH	YEAR	<b>SURNAME</b> <input style="width: 100%;" type="text"/>
DAY	MONTH	YEAR		
<b>ADDRESS</b> <input style="width: 100%;" type="text"/>				
<b>CITY</b> <input style="width: 100%;" type="text"/>	<b>COUNTRY</b> <input style="width: 100%;" type="text"/>			
<b>e.mail:</b> <input style="width: 100%;" type="text"/>				
<b>tel no:</b> <input style="width: 100%;" type="text"/>				
<b>PARTICIPANT AFFILIATION DETAILS</b>				
<b>GRADE</b> <input style="width: 100%;" type="text"/>				
<b>SCHOOL</b> <input style="width: 100%;" type="text"/>	<b>INSTRUCTOR</b> <input style="width: 100%;" type="text"/>			
<b>NA OR AA</b> <input style="width: 100%;" type="text"/>				
<b>FOR ORGANISING COMMITTEE ONLY</b>				
<b>PARTICIPANT No.</b>	<input style="width: 100%;" type="text"/>			
<b>DATE APPLICATION RECEIVED:</b>	<input style="width: 100%;" type="text"/>			
<b>DATE COURSE SUBSCRIPTION FEE RECEIVED:</b>	<input style="width: 100%;" type="text"/>			