

# TAEKWONDO TRAININGS CAMP HAMBURG



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Get ready at the best training camp right before the German Open on 13–14 September in Hamburg.

The first training camp for the national teams and, at the same time, the training camp for all athletes with successful coach Valera Bruns from Ukraine will take place from 8 to 11 September in the beautiful city Hamburg.

It is aimed at all taekwondo athletes who want to refine, improve and optimise their skills and achievements.

Four days of intensive preparatory training, improving technique and tactics with the best coach on the taekwondo scene, accompanied by his most successful athletes. Exchange ideas with others, expand your network, motivate yourself and learn from and with the best.

And then it's straight to the weigh-in and fully prepared for the German Open.

The course is open to cadets, juniors and seniors.



**KWON**

# Details

**Trainingscamp 08.-11. September**



## What?

**Taekwondo preparation camp for the German Open on 13–14 September in Hamburg with Valera Bruns (Ukraine)**

## When?

**08. - 11. September 2025**

## Where?

UK-Sportive Taekwondo Leistungszentrum Hamburg  
im SC Europa v. 1992 e.V.

Beim Saaren 1, 22115 Hamburg

## Registration?

via the form for athletes  
(free of charge for coaches)



## Costs?

€150.00 per person

for two training sessions per day, including water,  
hot drinks, fruit and vegetables as snacks

Payment methods: *(Please include participant names)*  
via PayPal to [info@uk-sportive.com](mailto:info@uk-sportive.com)

Bank transfer: Ümit Kalkan

BAN: DE18 1001 0178 7158 7837 65

BIC: REVODEB

## What to bring?

Each participant should bring hand pads and full protective gear.

## Disclaimer!

The organisers, host and speakers accept no liability for personal injury or damage to property. Participants are requested to complete this form to register.

After registering, participants will receive a by email. Participants.

For organisational reasons, participation is complete upon receipt of the fees.

From 03.08.25 onwards, cancellation is no longer possible and no refunds will be given. If a person does not participate, the participation fee is forfeited.

The participant agrees that photos, videos, names and club names in connection with the training camp may be published in the press, on the organiser's website and on social media.

Each participant must comply with the organiser's house rules and treat all premises and materials with care.



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# Timetable

**Trainingscamp 08.-11. September**



**Monday  
08.09**

**Training: 11:45 - 13:15 hrs  
Training: 14:15 - 15:45 hrs**

**Tuesday  
09.09**

**Training: 11:45 - 13:15 hrs  
Training: 14:15 - 15:45 hrs**

**Wednesday  
10.09**

**Training: 11:45 - 13:15 hrs  
Training: 14:15 - 15:45 hrs**

**Thursday  
11.09**

**Training: 11:45 - 13:15 hrs  
Training: 14:15 - 15:45 hrs**

**Friday  
12.09**

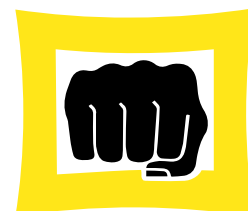
**Registration & Accreditation  
Weight-in for all Cadet & Junior division  
GO Alsterdorfer Sporthalle  
14:00 - 19:00 hrs**

**Saturday  
13.09**

**Start competition day 1  
for all Cadet & Junior divisions  
Random: 8:00 hrs  
Start 9:00 hrs  
Registration & Accreditation  
Weight-in for all Senior divisions  
GO Alsterdorfer Sporthalle  
10:00 - 16:00 hrs**

**Sunday  
14.09**

**Start competition day 2  
for all Seniors divisions  
Random: 8:00 hrs  
Start 9:00 hrs  
Accreditation: 9:00 - 12:00 hrs  
GO Alsterdorfer Sporthalle  
Medal ceremony: est. 19:00 hrs**



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**Training:** 14:15 - 15:45 hrs

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**We.**

**10.09.**

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**Training:** 14:15 - 15:45 hrs

**Th.**

**11.09.**

**Training:** 11:45 - 13:15 hrs

**Training:** 14:15 - 15:45 hrs



Training with VALERA BRUNS



**KWON**

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