

**Costa Rica Taekwondo Federation invites you to participate in  
“Taekwondo Teaching Sport Program”**

Costa Rica Taekwondo Federation in alliance with the Cuban Taekwondo Federation will like to invite you to participate in the course called “Taekwondo Teaching Sport Program”; this will be done in order to analyze education and methodology process in Taekwondo Techniques and its different guidelines.

This event will be held on Wednesday 27th and Thursday 28th of August 2014, prior to Costa Rica Open Championship which will take place from August 29th -31st.

The course will be given by Mr. Carlos Banasco, President of the Cuban Taekwondo Federation and high performance director of his country, who will address topics such as Characterization of Taekwondo as a Sport, Sport Training Guidelines, Capacity and Power in Taekwondo and Conformation of a preparation program for Taekwondo athletes for all ages, among other subjects.

Also we will have the honor to have Mr. Roberto Cárdenas Suarez Coach of the National Cuban Commission, who is recognize as one of the best Taekwondo trainers in Cuba.

This course is aimed for all International Federations, National and International Taekwondo schools, athletes, parents and all Taekwondo practitioners, who will like to expand their knowledge in this discipline. Registration fee is \$150 per person for the two day course.

For more information please contact: (506) 22314308, (506) 88937247 or emails:

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Best Regards,

*Wilmar Alvarado Castillo*  
*President*  
*Costa Rica Taekwondo Federation*