



Hyong Intensive Seminar at Hotel Retter

09. May - 11. May 2025

only 659 Euros in a double room with full board, accommodation and courses



In our seminar, you will expand your knowledge of Hyong and Poomsae while gaining insights into the historical development and tradition of Taekwondo. In the natural surroundings of the Hotel Retter, you will also learn relaxation techniques, including meditation, Kimoodo and Acupressure.

The nature resort Retter offers an oasis of peace in the midst of a breathtaking natural landscape and emphasizes sustainability and regional ties. It has received several awards as the best seminar hotel in Austria and is also known for its certified organic food from local farms. You can also look forward to an extensive wellness and fitness area as well as numerous leisure activities that will make your stay unforgettable.

SEMINAR-SCHEDULE:

Friday, 9.5.2025

9.00 - 10.30 **TKD-History, Chakras, Meridians**
10.30 - 12.00 Training
12.30 Lunch
14.00 - 16.00 **Acupressure, Shiatsu**
16.00 Check In
16.30 - 18.30 Training
19.00 Dinner

Saturday, 10.5.2025

7.30 - 8.30 **Kimoodo**
9.00 Breakfast
10.30 - 12.30 Training

13.00 Lunch
14.30 - 16.00 **Atemi pressure points**
16.30 - 18.30 Training
19.00 Dinner

Sunday, 11.5.2025

7.30 - 8.30 **Kimoodo**
9.00 Breakfast
10.00 - 11.00 Training + Exams
11.00 - 12.00 **Meditation**
12.30 Check Out

Grand Master Dr. Andreas Held is looking forward to energize with you!

Prices per person	Standard price	Early bird offer by 31.01.2025
Double room 3 days /2 night full board	699 € <input type="radio"/>	659 € <input type="radio"/>
Single room 3 days /2 night full board	Upcharge 125 € <input type="radio"/>	
Children 0-0.99 years (with 2 full-paying adults)	Free of charge <input type="radio"/>	
Children 1-10.99 years (with 2 full-paying adults)	389 € <input type="radio"/>	349 € <input type="radio"/>
Children 11-14.99 years (with 2 full-paying adults)	599 € <input type="radio"/>	569 € <input type="radio"/>

Location: Hotel Retter, Pöllauberg 88, 8225 Pöllau bei Hartberg. The prices do not include local tax. This is to be paid on site.

Accompanying persons who do not take part in the courses pay 70 euros less!

Cancellation fees apply to the total price:

until February 28 10%, until March 31 20%, April 1 to 9 40%, April 10 to 19 70%, April 20 to day of arrival 90% of the total price.

I hereby register myself / my child bindingly for the Hyong Intensive Seminar 2025:

Please fill out one registration form per person!

FIRST/LAST NAME:

Date of Birth:

Address details:

ZIP code/location:

Phone number / E-Mail:

YU-Member: Yes / No

Date : _____ Signature : _____

This registration form must be completed, signed and returned to the respective school management together with a **confirmation of the deposit of 350,- Euro**. Please transfer the **remaining amount by 31.03.25 at the latest**. Bank details: "Verein des Traditionellen Taekwondo" ZVR 312892474, Raiffeisenbank Mödling, IBAN: AT49 3225 0001 0400 2903, BIC: RLNWATWWGTD.

If you have any questions, please contact our camp department, Tel: 01/99 699 00 60, camp@yu-taekwondo.at.