



Taekwondo
Courtesy, Integrity, Perseverance, Self-Control, Indomitable Spirit



Fall Camp 2026, Ätran, Sweden

CAMP PROGRAM

FRIDAY

17:00 – 18:00 Registration and accommodation

18:00 – 19:30 Joint training

Dinner

18:45 Younger children and their parents/guardians

19:15 Grown ups

SATURDAY

07:00 – 08:00 Breakfast

08:00 – 08:45 Joint warmup

08:45 – 09:20 Kyorugi

08:45 – 09:30 Poomsae

08:45 – 09:45 Hanmadang, Gyeokpa hand

Pool & snacks

10:00 – 11:15 Kyorugi

10:10 – 11:30 Poomsae

10:30 – 11:40 Hanmadang, Gyeokpa foot

Lunch

12:50 – 14:00 Kyorugi

13:00 – 14:10 Poomsae

13:00 – 14:20 Hanmadang, Hoshinsul

Pool & snacks

14:50 – 16:05 Kyorugi

15:00 – 16:15 Poomsae

15:10 – 16:20 Hanmadang, Hoshinsul and Gyeokpa,



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Pool & snacks

- 16:50 – 18:00 Kyorugi
17:00 – 18:00 Poomsae
17:10 – 18:00 Hanmadang, Hoshinsul
18:00 – 18:30 Joint cool down

Dinner

- 18:45 Younger children and their parents/guardians
19:15 Grown ups

SUNDAY

- 07:00 – 08:00 Breakfast
08:00 – 08:45 Joint warmup including briefing, information and registration for competition
09:00 – 12:00 Hanmadang competition, including Kyorugi, Poomsae, breaking, and self-defense, in one half of the training area
09:00 – 10:15 Kyorugi and Poomsae in the other half of the training area.
11:00 – 12:15 Kyorugi and Poomsae

Lunch

- 12:40 – 14:40 Hanmadang competitions

NOTE!

- This year we have made the training hours a bit shorter in favor of possible socialization and recreation.
- The training plan may change.
- For registration and further information scan the QR code:

