



NEW YEAR SPARRING SEMINAR

*unleash your fullest potential*

JANUARY 16TH + 17TH, 2021

# NEW YEAR SPARRING SEMINAR

## *unleash your fullest potential*

### TEAM VICTORY

Gain insight on the roles and expectations of an athlete, parent and Coach. These ingredients are foundational and is what makes a winning team!

### COACHES WINNING LESSON PLAN

Benjamin Franklin once said, "If you fail to plan, you are planning to fail." In this segment we will be covering a two month periodization program for a junior athlete level preparing for a major tournament. Learn what the essentials are for optimal performance.

### GAME READY

Gain insight on how to develop an athlete to be able to compete at their fullest potential. There are so many reason why an athlete looks great in training but can not cross over into competition. We will be talking about what makes an athlete game ready!

**THESE STRATEGIC & PSYCHOLOGICAL PILLARS THAT WILL TRANSFORM YOU.**  
**BE PART OF THE WINNING TEAM. JOIN US IN THIS HISTORIC EVENT AND LEARN FROM THE EXPERTS.**



STEVEN  
LOPEZ



DANIEL  
MANZ



JEAN  
LOPEZ



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MOTIVATED PARTICIPANTS  
WHO SIGN UP FROM  
OCTOBER 26TH TO NOVEMBER 10TH  
**SAVE 20%!**



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	EXPERT SPARRING SEMINAR GAME READY SATURDAY / SUNDAY	COACH WEBINAR COACHES WINNING LESSON SUNDAY (COACHES ONLY)	COACH AND PARENTS TEAM VICTORY SUNDAY
<b>ATHLETE PROGRAM PRICE</b>	99\$ per athlete	99\$ per coach	45\$ per parents
<b>DURATION</b>	2 sessions of training 1 session = 1,5 hour	1 session = 1,5 hour	1 session = 1 hour
<b>ATHLETE PROGRAM 99\$</b>	X		
<b>ATHLETE + COACHING PROGRAM 129\$</b>	X	X	X
<b>ATHLETE + COACHING + PARENTS PROGRAM 149\$ (COACHES ONLY)</b>	X	X	X
<b>PACIFIC TIME</b>	Saturday 10:00 am Sunday 08:00 am	Sunday 10:00 am	Sunday 11:30 am
<b>CENTRAL EUROPEAN TIME</b>	Saturday 7:00 pm Sunday 5:00 pm	Sunday 7:00 pm	Sunday 8:30 pm



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### REGISTRATION

For athletes, coaches and parents on <https://www.martial.events>  
Registration will close January 10th, 2021.

### METHOD OF PAYMENT

Pay the amount of your chosen package by January 10, 2021 at the latest via Paypal to

[www.paypal.me/virtualtaekwondo](https://www.paypal.me/virtualtaekwondo)

or

Daniel Manz, IBAN DE55 6905 0001 0024 5430 50, BIC SOLADES1KNZ

### PLATFORM

This seminar is carried out by Zoom. Certain athletes are selected at random to be corrected directly during training. Our Seminar will be highly interactive. At the end of the training sessions we will be available for questions and answering. For each participant who completes the seminar we will be giving certificates that will represent your hard-work and dedication to your development.



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### ESSENTIALS FOR THE BEST EXPERIENCE

A computer, iPad, iPhone with a camera and a microphone

A good internet connection

A notebook

A towel

A kicking bag would be ideal but not necessary

Growth mindset

EVERY SEMINAR-PARTICIPANT WILL RECEIVE  
A **20% DISCOUNT** FOR OUR NEXT UPCOMING SEMINAR



**TURN YOUR VISION INTO REALITY**  
**[WWW.VIRTUAL-TAEKWONDO.COM](http://WWW.VIRTUAL-TAEKWONDO.COM)**