

New Champions Seminar

Seminar, open for all, with **Fin Heesom & Will Taylor!**



You are invited!

By Open Dutch Events and by myself Grandmaster Willy van de Mortel, national coach of Norway and owner of Difesa Sports.

The reason why I invited these two young new champions is that I believe in the work they are doing and their training methods. New young people with new ideas, and a new fighting style. They compete in WAKO kickboxing light-contact, which is very similar to our ITF fighting style. They have gotten great results in their fights with our top ITF fighters, which means it works! They are coming to Helmond to share their experience and knowledge with all of us. Make sure to be there!

1

INVITATION

The full invitation can be found on www.open-dutch.nl

2

REGISTER

Register through the excel sheet on our website.

3

LEARN / FUN

It is important to learn, but as important to have fun together. Keep Smiling!



Fin Heesom

Member of TEK kickboxing and former WAKO World & European Champion



Will Taylor

Member of TEK kickboxing and WAKO World Champion



GM Willy van de Mortel

Coach Norway, organizer Open Dutch, owner Difesa Sports.

Seminar info

The seminar is open for everybody, no matter what style or martial arts organization!

The seminar will touch on various topics which are important these days in the international sparring scene, if you want to compete at a high level!

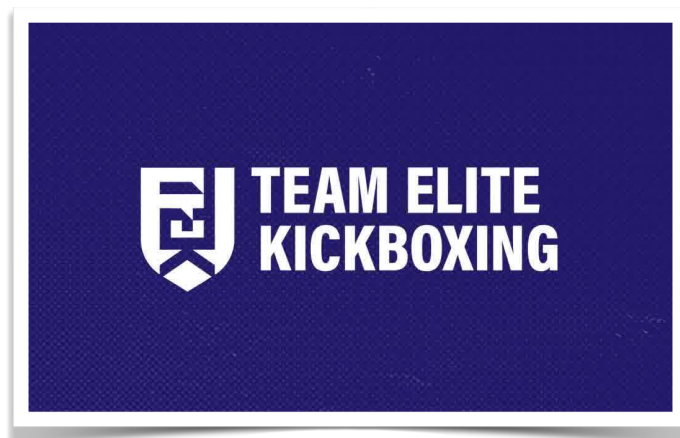
Topics covered will be: sport specific footwork, basic kicking and punching techniques, advanced sparring combinations, strength, static and dynamic flexibility, mobility and balance, mindset and focus management, confidence and skill building, and how to develop a champion mindset!

Clothing during the seminar can be Taekwon-Do dobok or kickboxing clothes.

Bring a full set of sparring equipment.

Don't forgot your water bottle!

**Practice - Learn - Enjoy
Fun and Friendship!**



**Start the new season
with new ideas!**

**Seminar times, groups
and prices**

Kids: under 14 year (€ 25,00)

Junior/Senior: 14 year and above (€45,00)

Time schedule:

09:00 - 11:00 Kids (pictures)

11:00 - 13:00 Junior/Senior first session

13:00 - 14:00 Pictures and lunch

14:00 - 16:00 Junior/Senior second session

WHY OPEN DUTCH EVENTS

After many years (and still) of organizing the well known Open Dutch Championships it's time to expand our horizon and start a new adventure to take our events, and you, to the next level.

After bringing international top competition to Helmond for many years for the Open Dutch tournament, it's now time to share new knowledge, and experiences, from high level competitors and coaches with you.

All of this at the location you are already familiar with, the Fletcher Wellness Hotel in Helmond, home of the Open Dutch Championship.



Entry form and payment

Entry form has to be send before the 16th of September by email to GM Willy van de Mortel: wvdmortel16@gmail.com.

Attention!

All entry fees have to be paid to the bank account of "DIFESA SPORTS". Registration fees can't be paid on the day of the seminar. Payment has to be received one week before the seminar on the account below, 16th of September 2023.

Please transfer the total amount in EUROS to:

Bank Account Name: DIFESA SPORTS

IBAN: NL17 RABO 0129006548

BIC: RABONL2U

Description: "New Champions Seminar" + (Club) name

Bank address: RABO Bank, Kerkstraat 33, 5701 PL Helmond, Netherlands

Contact and info: GM Willy van de Mortel

Phone: +31621500360

Mail: wvdmortel16@gmail.com

Site: www.open-dutch.nl

