

Dear Taekwondo Family,

Dear Friends,

I would like to invite you and your athletes to participate in the annual international camp "Gladiator Training Camp 2023", which this year will be held from June 2nd to 4th, in the sports hall in the town of Dupnitsa, Bulgaria. The camp is entirely sparring oriented. **Participation fee is 40 Euro per participant.**

So far, participation in the camp has been confirmed by teams from Bulgaria, Serbia, Macedonia, Greece, Turkey and Moldova. In the last year's camp, more than 300 athletes from 4 countries took part, and the club's ambition this time is they to be even more.

### **The Agenda:**

**Friday, 2<sup>nd</sup> of June** – Sparring techniques. 3 trainings:

- 15:30-16:45 – Children / 16:45-18:15 – Cadets / 18:15-20:00 – Juniors & Seniors

**Saturday, 3<sup>rd</sup> of June** – Sparring combinations & tactics (with equipment). 2 sessions, 3 trainings each.

- Session 1: 09:00-10:15 – Children / 10:15-11:45 – Cadets / 11:45-13:30 – Juniors & Seniors
- Session 2: 15:30-16:45 – Children / 16:45-18:15 – Cadets / 18:15-20:00 – Juniors & Seniors

**Sunday, 4<sup>th</sup> of June** – Sparring competition with referees and PSS equipment

- 09:00-16:00 – All participants

We adhere to the highest standards in organization of such events. Traditionally, taekwondo club "Gladiator" is organizing every year an international kyorugi tournament with more than 600 athletes' participants.

We hope you have a wonderful stay and enjoy your time together in town of Dupnitsa, which is located at the foot of Rila mountain, surrounded by amazing views and clear air.

Yours sincerely,



**Hristo Mihalchev**

President of Taekwondo club "Gladiator" and

Organizer of 'Gladiator Training Camp 2023'

*Hristo Mihalchev is a head coach with many years of experience and practice. Founded and developed numerous athletes, medalists from European and World championships. Recognized as a coach who knows how to develop talents. He was for a long-time coach of the national team of Bulgaria. Graduated from the National Sports Academy with a specialization as a 'Taekwondo Coach'.*