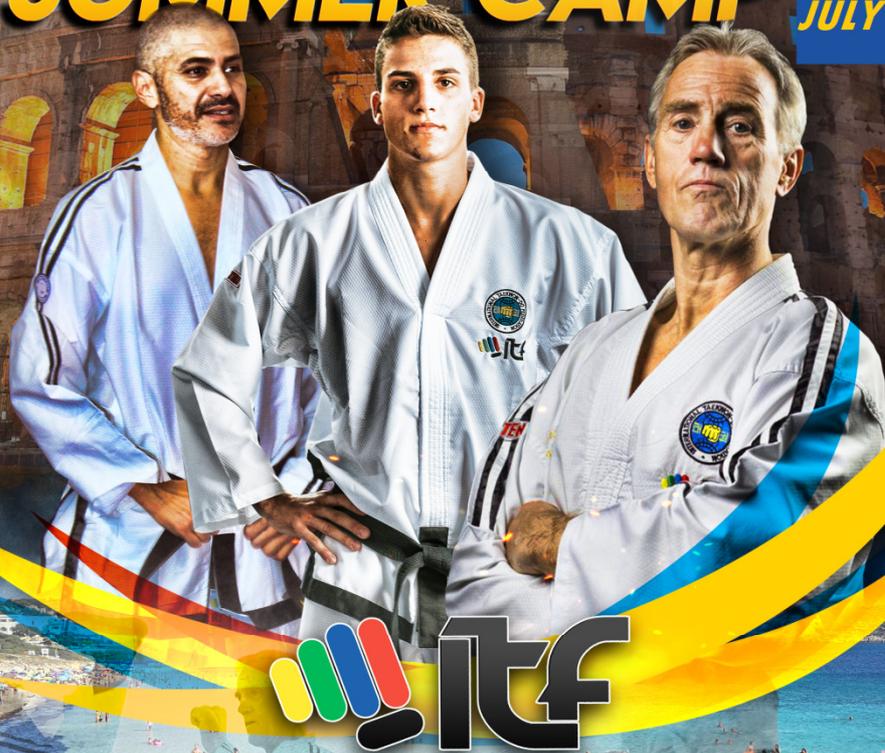


# EXTREME FIGHTERS

## ITF SUMMER CAMP

ROME, ITALY  
JULY 1-5, 2020



INTERNATIONAL TAEKWON-DO FEDERATION

[WWW.TEAMBOSROMA.COM](http://WWW.TEAMBOSROMA.COM)



# YOU ARE INVITED



[www.teambosroma.com](http://www.teambosroma.com)

Rome, 16<sup>th</sup> December 2019

This is to invite you to participate in the 2<sup>nd</sup> **EXTREME FIGHTERS ITF SUMMER CAMP**, hosted by GM Wim Bos, Master Leandro Iagher and Timothy Bos, ITF and WAKO world champion.



The Camp will be held in Rome from **July 1<sup>st</sup> to 5<sup>th</sup>, 2020** in the **Sporting Village "The Monster"**, in Via Polia 44, Rome (Statuario-Capannelle), Italy.

The Sporting Village "The Monster" is unique in size and equipment. It offers all kind of sports facilities including indoor and outdoor swimming pools, sauna, football field, basket, wellness center, 100 cardio machines, 3 halls with 500 weight lifting machines and many other fitness halls.

[www.sportingvillage.it](http://www.sportingvillage.it) [www.youtube.com/watch?v=ckq7MqS3PPQ](https://www.youtube.com/watch?v=ckq7MqS3PPQ)

The purpose of this camp is to practice ITF sparring, light contact sparring and boxing, and to enjoy a summer holiday camp full of other activities having a good time in a friendly environment.

**N.B.:** For those interested, special pattern trainings shall be organized.

#### ARRIVALS/DEPARTURE

Arrivals on Wednesday July 1<sup>st</sup>, 2020 before 16.00pm for inscription and cash payment of the camp fee at the meeting point:

**Sporting Village "The Monster"**

Via Polia 44, Rome (Statuario Capannelle), Italy.

Departure on Sunday July 5<sup>th</sup>, 2020 or stay for a holiday.



## PROGRAM:

- Wednesday, July 1, 2020 Arrivals - 1<sup>st</sup> training 17-19 pm
- Thursday, July 2, 2020 2<sup>nd</sup> training 10-12am / 3<sup>rd</sup> training & free sparring session 16-18 pm
- Friday July 3, 2020 4<sup>th</sup> training 10-12am / 5<sup>th</sup> training & free sparring session 16-18 pm
- Saturday July 4, 2020 6<sup>th</sup> training & free sparring session 10-12 am / Free time / Party
- Sunday July 5, 2020 7<sup>th</sup> training 10-12 am / Closure of the Camp / Departures

During the camp daily social and recreational activities will be held according to weather conditions.

## SUMMER CAMP COST

- € 150 per person / including the event T-Shirt.
- The summer camp fee must be paid in CASH upon arrival.

## MINIMUM AGE

The minimum age to participate in the Camp is 12 years.

## TRAINING EQUIPMENT

All participants must bring their full sparring equipment (hand, foot, helmet, mouth gear, groin guard - breast protector for female only, optional).

Running shoes, dobok(s), shorts, T-shirts, swimming suite, skipping rope.

## CAMP TRAINERS

GM Wim Bos, Master Leandro Iagher and Timothy Bos.

## HOW TO ARRIVE

Airport ROME CIAMPINO just 5 km away (by bus: <https://goo.gl/maps/hNbwbqKuJFF2> )

Airport ROME FIUMICINO 30 km away (by bus: <https://goo.gl/maps/Fo7fHKG9k7z> )

TERMINI train station (by bus: <https://goo.gl/maps/UJy4TTrSJJn> or other options)

TIBURTINA train station (by bus: <https://goo.gl/maps/Ko87JtgK8RU2> or other options)

## REGISTRATION

- The application form must be sent **on or before June 1<sup>st</sup>, 2020** to [extremefighters1@gmail.com](mailto:extremefighters1@gmail.com)
- Participation is at your own risk. The organization is not responsible for any injury or other matter, which might happen during the event.



- We recommend that each participant be in possession of an insurance, which covers any problem that might occur during traveling and participation to the summer camp.

## ADDITIONAL INFORMATIONS

Write to: [extremefighters1@gmail.com](mailto:extremefighters1@gmail.com)

## HOTEL ACCOMMODATION

We suggest the 4star \*\*\*\* Hotel Capannelle, ONLY 100 meters away from the Sporting Village The Monster:

[www.hotelcapannelle.com/en](http://www.hotelcapannelle.com/en)

Via Siderno, 37 - 00178 Roma (Italia)  
Tel: +39 06 710600 /Fax: +39 06 71060640

The Hotel has 252 rooms of different kind, including 4 suites and 14 accessible rooms, and a modern convention center made up of 8 meeting rooms for a total of approximately 1200 mq

The organizers do not take care of the hotel accommodation therefore please book your accommodation directly online through [www.hotelcapannelle.com/en](http://www.hotelcapannelle.com/en) or by [booking.com](http://booking.com)

You may book any other hotel, or B&B in the area, if you prefer other kinds of accommodation!

**THE FIRST EDITION RECORDED A 97% APPROVAL  
THIS YEAR WE WILL MAKE YOUR EXPERIENCE EVEN BETTER!**

We look forward to meeting many of you in Rome.

GM Wim Bos  
Master Leandro Iagher  
Timothy Bos

