

ITF - PHOENIX GROUP



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2018 BLACK BELT RETREAT - MUSIC CITY

Hosted By: GMA Martial Arts Center: 130 N. Locust Ave Gallatin TN 37066

ITF - PHONIX GROUP RETREAT 2018

EVENT SCHEDULE:

Friday: October 26TH to Sunday: October 28TH 2018

Friday, October 26, 2018

1:00pm - 3:00pmCheck Into Hotel: (See List of Local Hotels)

5:00pm - 7:30pm.... Dan Testing: (Academy Main Floor)

8:00pm - 10:00pmDinner / Masters Only **Lower Ranks, Parents & Family Members are Welcome At Own Cost.**

Saturday, October 27, 2018

7:30am.....Seminar Check In

8:00am-8:30am Line up and Welcome

8:40am-8:50am.....Group picture

8:55am-9:55am.....Business Seminar—Master Spillmann VIII Dan

10:00am-10:15am...Morning stretch—TBD

10:25am-12:30am....Pattern Fundamentals—Master Howard VIII Dan

12:30pm-1:30pm.....Lunch at Academy Q&A—Panel -Demo TBA

1:40pm-2:40pm Breaking—Heidi Hurben VI Dan

2:50pm-3:50pm..... Ground Fighting— Andrew Davis IV Dan

4:00pm-5:00pm.....Demystifying meditation—Matt Lepley IV Dan

5:10pm-6:10pm..... Nutrition—Keir Reinhardt III Dan (snacks)

6:20pm-7:20pmConcussions—Dr. Dana Ziskrout IV Dan.

8:00pm Dinner.....Osaka - Restaurant Buffet (Covered By GMA)

Sunday, October 28, 2018

7:30AM -8:00am - Hotel Check Out / You May Leave your luggage at the School

8:30am-8:50am Group Photo

9:00am-10:00am..... Understanding Aerobic Conditioning

10:05am-11:05am..... Plyometrics—Jeff Hurben VI Dan

11:10am-12:00pm..... Q&A / More Photos / Dismiss

12:00pm School owners staying later are welcome to return to the GMA school for beverages. School Owners are also welcome to ask technical questions on patterns or business ideas.

**SCHEDULE MAY CHANGE - WE WILL SEND AN UPDATED SCHEDULE
HAVE A SAFE RETURN BACK AND WELCOME TO OUR FAMILY.**

ITF - PHONIX GROUP RETREAT 2018

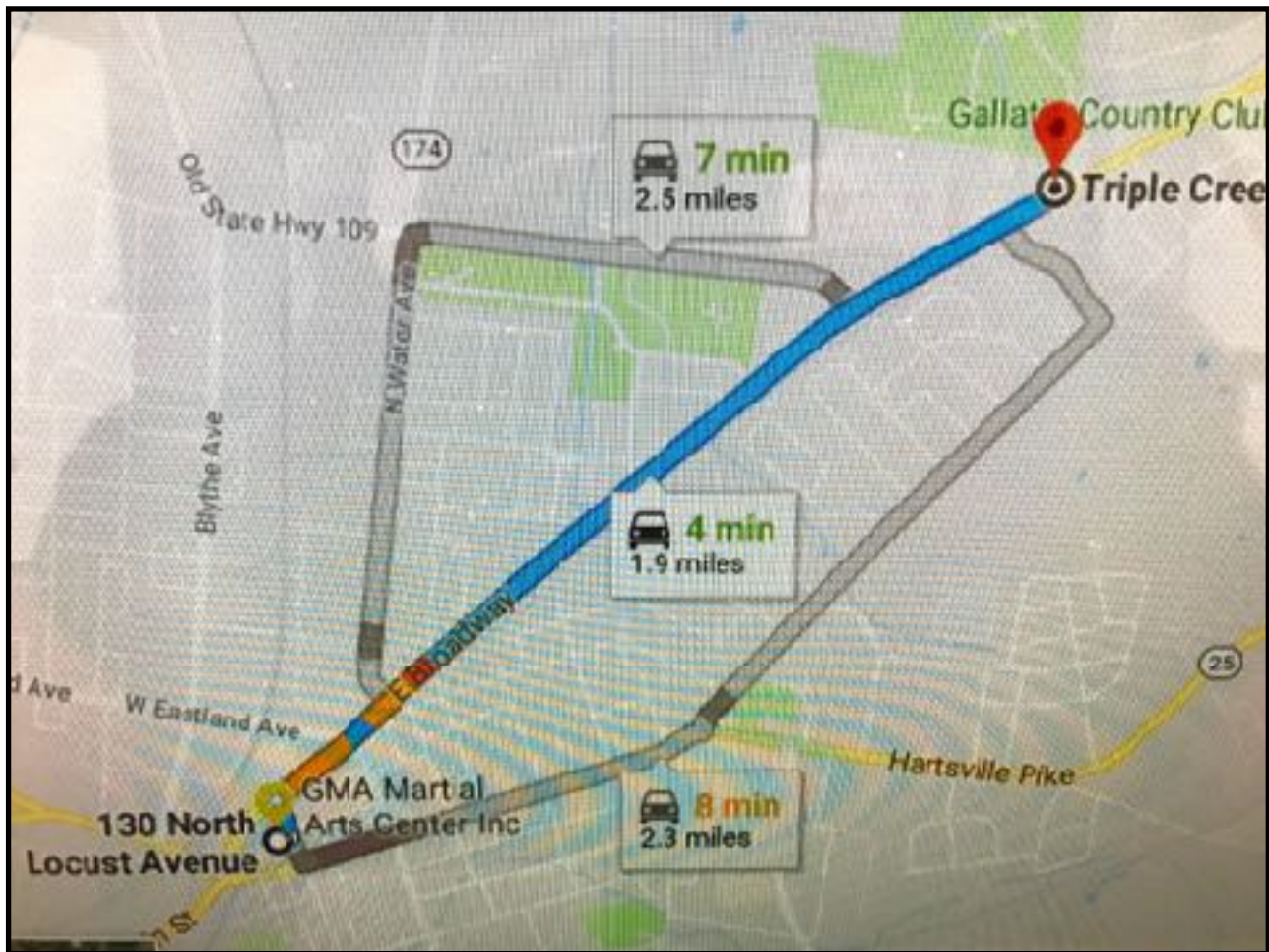
Hosting School Location:

GMA Martial Arts Center
130 N. Locust Ave
Gallatin TN 37066
<http://www.gmagallatin.com>

For More Information Call 615-989-7945 - Konrad Spillmann VIII

Contact the Phoenix Group at <http://www.phoenixgrouptkd.org/>

TRIPLE CREEK PARK DIRECTIONS:



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REGISTRAION INFORMATION

- COST PER PERSON - EARLY BIRD DISCOUNT / \$150.00
- COST PER PERSON - AFTER OCTOBER 10TH 2018 / \$200.00
- RETREAT T- SHIRTS ARE INCLUDED WITH REGISTRATION
- SATURDAY NIGHT LUNCH & DINNER INCLUDED
- INJURY WAIVER WILL BE REQUIRED AT ARRIVAL

REGISTRATION - PRINT NEATLY

NAME: _____ AGE: _____

ADDRESS: _____ ST _____ ZIP _____

COUNTRY: _____ DAN LEVEL _____ GUP LEVEL _____

SHIRT SIZE: ADULT: SMALL MEDIUM LARGE XL 2 XL 3XL

ACADEMY NAME: _____

MASTER / INSTRUCTORS NAME: _____

PAYMENT METHOD: VISA MC PAYPAL

CARD # _____ EXP: _____ CODE _____

\$150 BEFORE 10/04/18 / **AFTER THE 10/5/18 \$200: TOTAL \$** _____

SIGNATURE: _____ DATE: _____

MONEY ORDER - MAIL TO:
PHOENIX GROUP HEADQUARTERS
9524 Eby Street
Overland Park, Kansas 66212

ITF - PHONIX GROUP RETREAT 2018

**WELCOME TO GALLATIN TN - 30 MINUTES FROM NASHVILLE TN
THE MUSIC CAPITAL OF THE AMERICA. IF YOU CAN VIST US A
COUPLE OF DAYS EARLY AND DO A LITTLE SIGHTSEEING.**

LOCAL AREA HOTELS 5 MINUTES FROM THE SCHOOL:

Hampton Inn Gallatin \$119 Per Night (2 Miles to the academy)

3.5 Star Hotel - Review Rating 4.5

Unfussy rooms, some with whirlpool tubs,
in a hotel offering free breakfast & an outdoor pool. WIFI

Address: 980 Village Green Crossing, Gallatin, TN 37066

Phone: (615) 206-9595

GROUP DISCOUNT CODE:

Econo Lodge \$70 (Walking Distance to the academy)

2-star hotel - Review Rating 3.5

Relaxed rooms in a no-nonsense hotel offering free continental breakfast & a
seasonal outdoor pool.

Address: 221 W Main St, Gallatin, TN 37066

Phone: (615) 452-5433

GROUP DISCOUNT CODE:

Legacy Inn Sumner \$70 (Walking Distance to the academy)

3 Star Hotel - Review Rating 3.5

Understated budget hotel offering mini fridges & microwaves, plus free Wi-Fi &
cable TV.

Address: 101 W Broadway, Gallatin, TN 37066

Phone: (615) 452-4521

GROUP DISCOUNT CODE:

**NO WORRIES TIGHT ON YOUR BUDGET SHARE A HOTEL ROOM OR BRING A
SLEEPING BAG AND TOILETRIES AND SLEEP AT THE ACADEMY AND SHOWER
AT THE HOTEL ONE BLOCK FROM THE ACADEMY.**

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TRAVEL INFORMATION

LOCAL AIRPORT NASHVILLE (BNA)

SHUTTLE SERVICE:

MUSIC CITY SEDAN

<http://www.musiccitysedan.com>

1-877-874-7185

\$105.83

LYFT - SERVICE

<https://www.lyft.com/cities/nashville-tn>

\$47 TO \$75

GMA MARTIAL ARTS CENTER

130 N LOCUST AVE GALLATIN, TN 37066

615-989-7945

<http://www.GMAGallatin.com>

Open 9am to 9pm

Sat 9:30am to 1:00pm

IF YOU ARE DRIVING PLEASE HAVE A SAFE TRIP AND HOPE TO SEE YOU AT THE ANNUAL EVENT. ALL WELCOME TO JOIN THE PHOENIX GROUP. WELCOME TO OUR FAMILY AND WELCOME TO THE "INTERNATIONAL TAEKWON-DO FEDERATION".

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LOCAL AREA ATTRACTIONS.

NASHVILLE TN - 20 TO 30 MINUTES FROM THE ACADEMY:
LOVE NATURE THEN YOU WILL LOVE GALLATIN TENNESSEE.



NASHVILLE TN
MUSIC CITY
GRAND OLD OPRY



MONTICELLO
THOMAS JEFFERSON
HISTORIC HOME

<https://home.monticello.org>



THE PARTHENON

<http://www.nashville.gov/Parks-and-Recreation/Parthenon.aspx>