

WINTER



CAMP KYUSTENDIL

INTERNATIONAL SPARRING CAMP

JANUARY 16-18, 2026



Park Hotel
KYUSTENDIL
Spa and Wellness Retreats ★★★★★

NERON



Daedo

**TAE
MOTION**

Information: Milen Gochev



+359 876 244 949



tkneron@abv.bg

READY FOR THE NEW SEASON

Winter Camp 2026 | January 16-18 | Kyustendil

Dear friends,

We invite you to join our Winter Camp, taking place on January **16, 17, and 18, 2026**, in Kyustendil, Bulgaria. The camp is open to athletes of all ages and offers the perfect opportunity to prepare for the new season and upcoming international competitions.



The Winter Camp in Kyustendil is designed to provide athletes of all ages with top-level conditions for preparation ahead of the new season and upcoming international competitions.

During three intensive days, participants will have the opportunity to train in a **professional environment** and gain valuable experience:

- Two training sessions per day – technical/sparring and conditioning
- Work with experienced coaches and conditioning experts
- Sparring and practical fights under real competition conditions
- Preparation for the first tournaments in February

The goal of the camp is for athletes to start the new season fully prepared, motivated, and in excellent shape.



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CAMP INFORMATION

All you need to know

The camp fee includes:

- Camp fee
- Camp T-shirt
- 2 training sessions per day
- Use of Daedo electronic equipment – 3rd generation (sparring and matches with referees on the last day)

Price: 90 EUR per athlete

Payment can be made in advance or in cash upon arrival, with a written confirmation by email (tkneron@abv.bg). The price remains the same even if a participant stays fewer days.

Registration

Register via the website: tkd-reg.com

Registration deadline: January 3, 2026

Location

Osogovo stadium, Big Basketball Hall Address:
19 TSAR OSVOBODITEL STR., KYUSTENDIL

Accommodation

You provide and book accommodation yourself. You can choose hotel accommodation or private apartments, whichever suits you.

Transportation

Transportation is in your organization.

Equipment

It is necessary to bring ALL of the equipment: mouth guards, head helmet, body protector, guards for arms and legs, focusers for taekwondo training.



Coaches:

- Milen Gochev
- Jovan Radaković
- Nikola Bursac
- Rumen Omerski (conditioning training)



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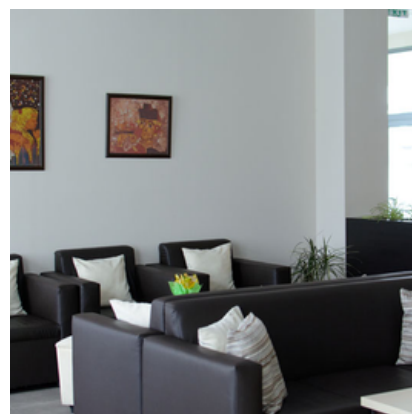
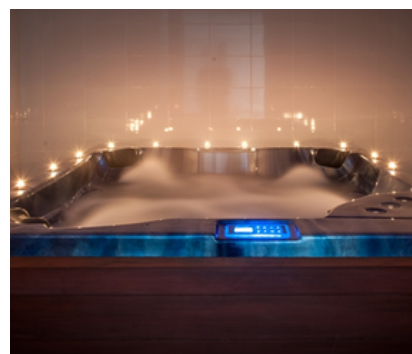


ACCOMMODATION RECOMMENDATION

We recommend accommodation at Park Hotel Kyustendil, a modern hotel offering excellent conditions **for athletes to rest and recover**.

The hotel features spacious and comfortable rooms, a restaurant with a variety of cuisine, and wellness & spa facilities: indoor and outdoor pools, saunas, and a fitness area.

Accommodation is **not included in the camp fee**, but you can book it through us during registration or directly with the hotel.



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T-SHIRT REGISTRATION FORM



Please fill the T-shirt size table below and send it to tkneron@abv.bg not later than **03.01.2026**

	Name	Club name	Size
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

IMPORTANT: In case of replacements there is no possibility of changing the size of T-shirt



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MANDATORY DOCUMENTS

ALL PARTICIPANTS MUST SEND THE SIGNED PERSONAL INDEMNIFICATION FORM,
WHICH CAN BE FOUND AT THE END OF THIS INVITATION,
NO LATER THAN JANUARY 3, 2026 TO: tkneron@abv.bg



WE ARE WAITING TO SEE YOU SOON!



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INTERNATIONAL SPARRING DAYS CAMP 2026

PERSONAL INDEMNIFICATION FORM INDEMNIFICATION, HOLD HARMLESS, RELEASE AND CONSENT NOT TO SUE

Executed on: _____ (insert date of signing).

I, the undersigned, certify that I will indemnify, hold harmless and release Taekwondo Club Neron, its executive board members, directors, members, employees, consultants, attorneys, contractors (including but not limited to sponsors, suppliers, licensees and other representatives) – each referred to as an "Indemnatee" and collectively as "Indemnitees" – from and against any and all damages, injuries, penalties, fines, claims, suits, liabilities, costs, attorney's fees, court costs, and expenses of every kind and nature suffered by or asserted against the Indemnatee as a direct or indirect result of participating in the International Sparring Days Camp 2026, in the broadest sense of the word.

I accept the participation of _____ (name and surname of participant) at the International Sparring Days Camp 2026. For physical reasons, nothing prevents the undersigned participant from taking part, and I understand that all participants are considered to participate at their own risk. Taekwondo Club Neron assumes no responsibility for any damages, injuries or losses.

By signing and submitting this form, I accept and agree to the terms and conditions contained in the camp invitation and in this Indemnification, Hold Harmless, Release and Consent Not to Sue. I verify that by signing and submitting this form, I have read and agree to all of the terms and conditions provided above.

Name: _____

Date: _____

Signature: _____

In case the participant is a minor, the legal guardian must sign:

Name: _____

Relation to the minor: _____

Date: _____

Signature: _____

