



OFFICIAL REGULATIONS

1st International Coaching Course

&

IKA B LICENCE Coaching Examination

23 – 29 – March – 2020

Tashkent , Uzbekistan

Email: info@iki-kurash.org

[Copy to Kurashtd@gmail.com](mailto:Kurashtd@gmail.com)

**INTERNATIONAL KURASH ASSOCIATION (IKA) WITH COLLABORATION WITH
INTERNATIONAL KURASH INSTITUTE (IKI)**

WWW.KURASH-IKA.ORG

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2020 1ST INTERNATIONAL COACHING COURSE & 1ST INTERNATIONAL B LICENCE EXAMINATION

I. AIMS

To Unify latest teaching methods around the world , Grouping of Technics , Theory, names of Technics counter Technics with IKI Methods.

II. VENUE AND DATES

Date: 23 – 29 March 2020

City: Tashkent

Seminar venue: Uzbekistan National Paralympic Association

III. PARTICIPATION THRESHOL

National coaches representing National Kurash Federations – Official members of the IKA can compete at these International Kurash Educational Coaching Seminar and Examination.

Seminar fee: Free

Registration Fee : Free

International B Coaching License fee : Free

Each National Federation can enter 2 Participants only (Free Accommodation and meals in double room) **MUST BE ABLE TO COMMUNICATE IN ENGLISH**

APPLICATION SUBMITTION DEADLINES

Deadline for submitting applications for participation is 12.00 noon GMT of 01st March 2020.

Deadline for submitting travel schedule is 12.00 noon GMT of 8th March 2020.

ANY APPLICATIONS RECEIVED AFTER DEAD LINE WILL NOT RECEIVE ACCOMIDATION OR AIRPORT PICKUP.

Copies of the passport and official application form and the travel schedule form are attached.

Properly filled forms, scanned passport copies and color passport size photos of each participate should be submitted by email to the following email: info@iki-kurash.org and **COPY** kurashtd@gmail.com

IV. Yakhtaks

Free yakhtaks will be provided by IKI . 2 Per country additional participants must obtain their own Yakhtaks for the course

V. HOTEL INFORMATION

Residence Park Hotel (Tashkent): FREE for duration of the course 2 participants per country in a double room , including breakfast / Lunch / Dinner and free local transfer from airport to hotel and back.

VI. VISA SUPPORT

1. International Kurash Institute (IKI) will offer visa support letter, which you can use to obtain the visa either Landing / E-Visa or at the Embassy in your country.

PLEASE NOTE THAT APPLICATIONS MUST BE RECEIVED BY 1ST MARCH LATEST IN ORDER TO GET THE VISA IN TIME .

VII. LIABILITY

Neither the IKA nor IKI shall hold any liability in case of injury or any personal loss experienced by the participates throughout their visit. All National Federations are liable for their own medical insurances.

IX. Daily Schedule			
22 March Sun	00.00 – 24.00	Arrival of Participants	Tashkent International Airport (TAS)
	13.00 – 24.00	Hotel Check-in	Residence Park Hotel (Tashkent)
23 March Mon	07.00 – 08.00	Breakfast	Residence Park Hotel (Tashkent)
	09.00 – 12.00	Coaching Seminar- Opening Speech By IKI Director - Registration	Conference Hall at Residence Park Hotel (Tashkent)
	14.00 – 17.00	Coaching Seminar	Uzbekistan National Paralympic Association
	19.00 – 21.00	Dinner	Residence Park Hotel (Tashkent)
24 March Tue	07.00 – 08.00	Breakfast	Residence Park Hotel (Tashkent)
	09.00 – 12.00	Coaching Seminar	Uzbekistan National Paralympic Association
	14.00 – 17.00	Coaching Seminar	Uzbekistan National Paralympic Association

25 March Wed	07.00 – 08.00	Breakfast	Residence Park Hotel (Tashkent)
	09.00 – 12.00	RIBBON CEROMONY FOR IKI H.Q IKA President / IKI Director / UZB NOC/ UZB Sport Ministry VIP Guests/ IKA EC Members Present	Tashkent Region
	14.00 – 17.00	Coaching Seminar	Uzbekistan National Paralympic Association
26 March Thu	07.00 – 08.00	Breakfast	Residence Park Hotel (Tashkent)
	09.00 – 12.00	Coaching Seminar	Uzbekistan National Paralympic Association
	14.00 – 17.00	Coaching Seminar	Uzbekistan National Paralympic Association
27 March Fri	07.00 – 09.00	Breakfast	Residence Park Hotel (Tashkent)
	10.00 – 12.00	REST DAY VISIT TO OLYMPIC MUSEUM	Museum of Olympic Glory
	13.00 – 14.00	lunch	Residence Park Hotel (Tashkent)
	14.00 –	REST DAY	Tashkent
28 March Sat	07.00 – 08.00	Breakfast	Residence Park Hotel (Tashkent)
	09.00 – 12.00	Coaching EXAM	Uzbekistan National Paralympic Association
	14.00 – 17.00	Coaching EXAM	Uzbekistan National Paralympic Association
29 March Sun	07.00 – 08.00	Breakfast	Residence Park Hotel (Tashkent)
	09.00 – 12.00	Coaching EXAM	Uzbekistan National Paralympic Association
	14:00 – 16:00	Coaching EXAM	
	18.00 – 21.00	Closing Ceremony – Participation Certificates – Announcement of Results / Group Photo and BANQUET	Residence Park Hotel (Tashkent)

30 March Mon	07.00 – 9.00	Breakfast	Residence Park Hotel (Tashkent)
	09.00 – 12.00	Check out for All	Residence Park Hotel (Tashkent)
	00.0- 24.00	Departure	Tashkent (TAS) International Air Port

- PLEASE NOTE – BREAK FAST / LUNCH /DINNER WILL BE AT THE HOTEL
- A DETAILED DAILY PROGRAMME WILL BE GIVEN UP ON REGISTRARTION