

The 50th BRAZILIAN TAEKWONDO FESTIVAL BRAZIL TAEKWONDO GAMES, WORLD DOUBLE MATCH & 2032 SEOUL - PYONG YANG









INFORMATION PACKAGE

Published Mar 16, 2020

All Grand-masters, Coachs & Athletics!

The 1st Taekwondo School in Brazil, Sao Paulo State Federation & the Organizing Committee has the honor to invite you and your team to participate in the **50th Brazilian Taekwondo Anniversary Festival** & **Pro 2032 Seoul-Pyong Yang** on June 26~28 in Sao Paulo, Brazil which considerate the best and biggest Taekwondo event in South-America and will include:

22nd INTERNATIONAL TAEKWONDO SEMINARS (June, 26);
*SPECIAL INVITES DINNER & PRO 2032 SEOU-PYONG YANG (June, 26)
22 nd BRAZIL MUDO OPEN CHAMPIONSHIPS (June, 26~27)
BRAZIL TAEKWONDO GAMES (Kyorugui individual, June, 27~28); &
23rd WORLD DOUBLE MATCH CHAMPIONSHIPS (June, 28).

Brazil Taekwondo Games was considered "show de bola", in 2010, by Master Alberto Maciel Junior, President of Brazilian TKD Confederation, also one of the bigger events of Brazil, with better organizations, quality, prizes and harmony between the athletes and the committee. Well, Show de bola!

Schedule yourself!

You don't want to miss the BIGGEST TAEKWONDO FESTIVAL OF BRAZIL! The first 300th subscribers will receive a special and traditional gift.

Grand-Masters YM KIM, HS KANG & SP KIM Festival Presidents

DAVID SOARESCongressman & Honor President









OFFICIAL HOTELS AND ACCOMODATIONS

We recommend booking your reservation in advance.

See more at: www.brazilgames.com.br or www.fetesp.com.br or <a href="

Info: www.booking.com or https://www.hoteis.com/?pos=HCOM_BR&locale=pt_BR











50th BRAZIL TAEKWONDO ANNIVERSARY FESTIVAL BRAZIL TKD GAMES & WORLD DOUBLE MATCH 2032 SEOUL PYONG YANG



The best Taekwondo event in South-America June 26~28, 2020

www.brazilgames.com.br & www.fetesp.com.br

GENERAL INFORMATION

Organization: Academia Liberdade (1st TKD school in Brazil). www.brazilgames.com.br. Obrazilgamestkd

Info: braziltaekwondogames@gmail.com or WhatsApp: (11) 99.578-5177

Sanctioned by: Federação de Taekwondo do Estado de SP. www.fetesp.com.br

Realization: MKL and Organizing Committee.

Festival Presidents: Pioneer Instructors & Grand Masters 9th degree black belt, Yong Min Kim (Rio),

Hong Soon Kang (Curitiba) & Suk Pil Kim (Sao Paulo).

Honoroble President: Federal Congressman David

Directors:

Location: São Paulo, SP

Supported by: Instituto Mestre KIM, PSS KPnP,

Rules: WTF Competition Rules and Single Elimination System.

Qualification: Any Color Belts & Black Belts. Kid, Infant, Under 14, Under 17, Adult, Master & Para

Taekwondo

Participants: All enrolled athletes will receive personalized certificates and the first 300 will receive special

gifts. Seek for the delegates' welcome.

Protectors: Bring your own equipment: head (blue or red), mouth (white), chest, forearm, glove, groin, shin

guard and foot protector.

KPnP Protector: Organizer will provide KPnP body & Head Electronic Protector BD, CD, DD, E, FD, GD, HD, ID,

JD e K. All competitors must bring own KPnP foot protector

Division "CD" Cadet (under 14 yrs Black Belts) must bring own Screen protected Head-gear;

Division BD, GD, HD, ID e JD. Bring own regular headgears

Registration Fee: R\$ 130,00: BD, CD, DD, E, FD, GD, HD, ID e JD. (KPnP Protector).

R\$ 70,00: Colored belts, conventional protector.

Registration on-line https://docs.google.com/forms/d/e/1FAlpQLSceixo8catluR-f2h31_xij4mm0NPEfCRPVbFi0bCd0RwcAdA/viewform by June 08,

2020. Info (E-mail): kim@mestrekim.com.br or whatapp (+55.11) 99172-7951

Bank Deposit: Bradesco. Ag: 496: C/C: 65.564-3. Favored: MKL.

International Delegation: ① Send Delegation Picture and team information by June 8 for the Event Book

to braziltaekwondogames@gmail.com; @ Will receive special gifts (limited quantity) &

3 Team delegate will receive Welcome Dinner (june 26).

Accommodations: Limited Vacancies, BOOK YOU HOTEL OR HOSTEL HERE:

https://www.hoteis.com/?pos=HCOM_BR&locale=pt_BR or www.booking.com

E-mail; braziltaekwondogames@gmail.com or (+55.11) 99172-7951 w/ Miss Bruna Rocha.

Award Presentation: Medal to 1st, 2nd and 3rd places and Certificate of Participation to everyone.

Gold medals to both & <u>no weight</u>, A (only 1 fight);

Gold or Silver medal & <u>no weight</u>

BA, CA e DA. (only 1 fight);

Gold or Silver medal with weight check

BB, CB, DB, FA e FB (only 1 fight)

Special trophy to winner Team winners.

Coach or Delegate will receive a gift every 10 enrollments.

Referees: All International Referees who are coming to participate in the 50th Brazilian Taekwondo Anniversary

Festival will be responsible for their own airfare. The organizer will provide room, board (June 26~28) and

daily fee. Must confirmed with Referee Coordinator: tiago.procopio@live.com until June 08.

INSTRUCTION TO FILL CODES OF DIVISION & CATEGORIES:

ALPHABETIC CODES, Separation per Age and Belt (ex. A, BA. CB...).

NUMERIC CODES, Separation per Weight & Sex, male: 1 to 10 and female: 11 to 20.

Ex.: (D)+ 01-20, or A + height (- cm, mirim/Infant) or weight - kg (Master) Ex. A-125 cm or P-72 kg



BRAZIL TAEKWONDO GAMES 2020

The best in Brazil & Biggest in South America June 27~28, 2020.



INDIVIDUAL KYORUGUI DIVISION (Code, Division and fight duration)

Even in Festival Category must enroll with respective letter and number.

			Exchange fee (Feb 20): L	JS\$ 1 = R\$ 4,80
CODE	GRADUATION	MIRIM (08 years, born in 2012 or later)	FIGHT DURATION	Promotion
		, ,		Entre Fee
Α	All (festival)	No weight and only 1 fight (gold medal to all)	2 rounds of 45 seg.	R\$ 70.00

CODE	GRADUATION	INFANTIL (09~11 years, 2011~2009)	FIGHT DURATION	Entre Fee
BA	9° ~ 7° Gub	No weight and only 1 fight (gold medal to all)	2 rounds of 1 min.	R\$ 70.00
ВС	6° ~ 3° Gub	No weight and only 1 fight (gold or silver)	2 rounds of 1 min.	R\$ 70.00
BD	Above 2º Gub	KPnP. (Head gear- conventional)	2 rounds of 90 seg	R\$ 130.00

CODE	GRADUATION	CADET (12~14 years, born in 2008~2006)	FIGHT DURATION	Entre Fee
CA	8° ~ 5° Gub	No weight and only 1 fight (gold or silver)	2 rounds of 1 min.	R\$ 70.00
СВ	4° ~ 1° Gub	Only 1 fight (gold or silver)	2 rounds of 90 seg	R\$ 70.00
CD	Above 1° Gub	KPnP, screen protector head gear	2 rounds of 2 min.	R\$ 130.00

CODE	GRADUATION	SUB 17 (15~17 years, born in 2005~2003)	FIGHT DURATION	Entre Fee
DA	8° ~ 5° Gub	No weight and only 1 fight (gold or silver)	2 rounds of 1 min	R\$ 70.00
DB	4° ~ 1° Gub	Weightcheck ant only 1 fight (gold or silver)	2 rounds, 90 seg	R\$ 70.00
DC	Above 1° Gub	KPnP	2 rounds of 2 min.	R\$ 130.00

CODE	GRADUATION	SUB 21 (-21 years, born in 2002~1999)	FIGHT DURATION	Entre Fee
ш	1st dano or higher	KPnP	2 rounds of 2 min	R\$ 130.00
CODE	GRADUATION	ADULTO (18 years, born in 2002 or later)	FIGHT DURATION	Entre Fee

CODE	GRADUATION	ADULTO (18 years, born in 2002 or later)	FIGHT DURATION	Entre Fee
FA	8° ~ 5° Gub	Weightcheck and only 1 fight (gold or silver)	2 rounds of 90 seg	R\$ 70.00
FB	4° ~ 1° Gub	Official Category	2 rounds of 90 seg	R\$ 70.00
FD	1º Gub acima	KPnP	2 rounds of 2 min.	R\$ 130.00

GA 8° ~ 3° Gub MASTER-1 (31~34 years) head – conventional 2 rounds of 90 HA 8° ~ 3° Gub MASTER-2 (35~44 years) 2 rounds of 90		
HA 80 - 30 Gub MASTEP-2 (35- 44 years) 2 rounds of 90	seg F	R\$ 70.00
11A 8 ~ 3 Gub MASTER-2 (35~44 years) 2 Tourius of 90	seg F	R\$ 70.00
IA 8° ~ 3° Gub MASTER-3 (above 45 years) 2 rounds of 90	seg F	R\$ 70.00

CODE	GRADUATION	MASTER – only 1 fight (gold or silver)	FIGHT DURATION	Entre Fee
GD	Above 2º gub	MASTER-1 KPnP (Body & Head)	2 rounds of 2 min	R\$ 130.00
HD	Above 2º gub	MASTER-2 (35-44 yrs), bring head – conventional	2 rounds of 90 seg	R\$ 130.00
ID	Above 2º gub	MASTER-3 (45-55 yrs), bring head – conventional	2 rounds of 90 seg	R\$ 130.00
JD	All	MASTER-4 (56-60 yrs), bring head – conventional	2 rounds of 90 seg	R\$ 130.00
KD	All	MASTER-5 (above 61 yrs), bring head – convention	2 rounds of 90 seg	R\$ 130.00

- * 1º Gub athletes are able to fight on Black Belt Divisions with your choice: F/G; I/J; & M/O
- <u>Head kick</u> is allowed only in: CD, DD, E, FD, GD & HD.
- KPnP Protector: BD, CD, DD, E, FD, GD, HD, ID ,JD & KD bring own KPnP foot protector
- Bring own conventional headgear: BD, HD, ID, JD & KD. Cadet CD (w/Acrilic screen),
- Required weightcheck: BD, CB, CD, DB, DD, E, FB, FD, GD, HD, ID, JD & KD.

WEGHT DIVISION & CODE (NUMERIC per Sex and Weight)

Mir	rim –	Infant (sub 11)				Junior (Sub 17)		Adult (Black belt only)			
Male.	Fem.	Cat.	Male	Fem.	Cat.	Male	Cat.	Fem.	Cat.	Male	Cat.	Fem.
1	11	- 30 kg	1	11	- 45 kg	1	- 42 kg	11	- 54 kg	1	- 47 kg	11
Divio	ion nor	- 32 kg	2	12	- 48 kg	2	- 44 kg	12	- 58 kg	2	- 51 kg	12
Division per height (cm)		- 34 kg	3	13	- 51 kg	3	- 46 kg	13	- 62 kg	3	- 55 kg	13
		- 36 kg	4	14	- 55 kg	4	- 49 kg	14	- 67 kg	4	- 59 kg	14
Maste	er (I~IV)	- 39 kg	5	15	- 59 kg	5	- 52 kg	15	- 72 kg	5	- 63 kg	15
Male	Fem.	- 42 kg	6	16	- 63 kg	6	- 55 kg	16	- 78 kg	6	- 67 kg	16
1	11	- 45 kg	7	17	- 68 kg	7	- 59 kg	17	- 84 kg	7	- 72 kg	17
Will div	/ided per	- 48 kg	8	18	- 73 kg	8	- 63 kg	18	+ 84 kg	8	+ 72 kg	18
weig	ht (kg)	- 52 kg	9	19	- 78 kg	9	- 68 kg	19				
		+ 52 kg	10	20	+ 78 kg	10	+ 68 kg	20				

CADET (Sub 14 yrs) Weight Division:

BOYS (-33kg, -37, -41, -45, -49, -53, -57, -61, -65 e +65kg)

(Bring own screen protected Head Gear)

GIRLS (-29kg, -33, -37, -41, -44, -47, -51, -55, -59 e +59kg)

Oficio, Mar 16, 2020



22nd BRAZIL MUDO GAMES

The 1st Diversified Martial Arts Competition in Brazil
June 26~27, 2020



Qualification: Any Taekwondo or other Martial Arts practitioner.

Formation: Each division must have more than 2 (two) competitors or divisions will be combined.

Material: Organizer will provide reusable breaking material (board, brick & roof tile)

Music: All competitors must bring own portable music CD or USB.

Participation: Presentations will happen simultaneously.

Scoring System: Technique (Execution, Speed, Power & Balance) & Presentation (Flow, Expression of Ki & Rhythum)

Registration: Subscribe in advance! See tablet at division.

I. POOM-SAE COMPETITION (Division and Code), contest date: *June 27 (sat)

POOM-SAE AS YOUR BELT Division will perform Poom-sae of your rank or belt

- Taxas: 1 entre: R\$ 50.00. 2 entres: R\$ 80.00. 3 entres: R\$ 100.00. ParaTKD: R\$ 20.00

	Sub 08		Sub 11		Sub 14		Sub 17		Sub 30	
Faixa	Masc	Fem	Masc	Fem	Masc	Fem	Masc	Fem	Masc	Fem
8º-5º Gub	psm1	psf1	psm4	psf4	psm7	psf7	psm10	psf10	psm13	psf13
4º-1º Gub	psm2	psf2	psm5	psf5	psm8	psf8	psm11	psf11	Psm14	Psf14
Poom/dan +	psm3	psf3	psm6	psf6	psm9	psf9	psm12	psf12	Psm15	Psf15

	Sub 40		Sub 50		Sub 65		Over 65	
Faixa	Masc	Fem	Masc	Fem	Masc	Fem	Masc	Fem
8º-5º Gub	psm16	psf16	psm19	psf19	psm22	psf22	psm25	psf25
4º-1º Gub	psm17	psf17	psm20	psf20	psm23	psf23	psm26	psf26
Poom/dan +	psm18	psf18	psm21	psf21	psm24	psf24	psm27	psf27

PS DUPLA COLORIDA MISTA (1-masc e 1-fem)

Sub 14	Sub 17	Sub 30	Over 30
pdc	pdc2	pdc3	pdc4

PS DUPLA COLORIDA TRIO (3 do mesmo sexo)

Sub 17 (Masc./ Fem)	Over 17(M	lasc./ Fem)
ptm1	ptf1	ptm2	ptf2

POOMSAE PARATAEKWONDO – INDIVIDUAL. Coloridas e Pretas. Poom-se: livre a escolha. R\$ 20.00

Sub	ub 14		Sub 17		30	Ove	r 30
Masc	Fem	Masc	Fem	Masc	Fem	Masc	Fem
ppm1	ppf1	ppm2	ppf2	ppm3	ppf3	ppm4	ppf4

POOMSAE OFICIAL FAIXA PRETA INDIVIDUAL. (Single, Pair & Triple: 2nd gub & higher)

Poomsaes Oficiais Drown. . will be drown June 18th (Individual, Pair & Triple) and published www.fetesp.com.br Only Official Poom-se Uniform will be allowed

MIRIM e INFANTIL: Taeguek 4 jang~Koryo; SUB-30/40: Taeguek 6 Jang~Shipjin; <u>SUB-14</u>: Taeguek 4 jang~Kum-kang; <u>SUB-50</u>: Taeguek 8 jang~Chonkwon; <u>SUB-17</u>: Taeguek 4 jang~Taeback; <u>SUB & Over 65</u>: Koryo~Hansu;

POOMSE OFICIAL FAIXA PRETA - INDIVIDUAL (A taxa: R\$ 60.00). Somente 1º Poom ou Dan Acima

Suk	o 08	Sub	11	Su	b 14	Sub	17	Sub	30
Masc	Fem	Masc	Fem	Masc	Fem	Masc	Fem	Masc	Fem
psom	psof3	psom6	psof6	psom12	psof12	psom12	psof12	psom15	psof15

Sub 40		Sub	50	Su	b 65	Ove	r 65
Masc	Fem	Masc	Fem	Masc	Fem	Masc	Fem
psom18	psof18	psom21	Psof21	psom24	psof24	psom27	psof27

FAIXA PRETA DUPLA MISTA (1-M & 1-F R\$ 100.00)

POOMSAE TRIO (3 do mesmo sexo, R\$120.00)

A participação esta aberta a partir de 2º Gub (VERMELHA)

Sub 14	Sub 17	Sub 30	Over 30	Sub 17 (Ma	asc./ Fem)	+ 18 anos (N	Masc./ Fem)
pdp5	pdp6	pdp7	pdp8	ptm5	ptf6	ptm7	ptf8

FREE STYLE POOM-SAE (Taekwon-Mu or Kyong-Yôn), Contest date: June 27 (Sat.)

- Presentation must follow criteria and mandatory elements of Freestyle according to WT regulations.
- Scoring system: 1-7 Required techniques (70); 2-Fluidity and transition (15); 3-Presentation (15).
- The categories will be divided into Men's and Women's singles, Pair (1 men and 1 women) and Team (5 members, minimum of 2 men or 2 women)

FREE-STYLE INDIVIDUAL			FREE-	-STYLE PARES	FREE-STYLE POR EQUIPE
Idade	Masc	Fem.	Idade	(1-masc e 1-fem)	(3 atletas de mesmo Sexo)
até 17 anos	PFM-1	PFF-1	até 17 anos	PFD-1) PFE
+ 18 anos	PFM-2	PFF-2	+ 18 anos	PFD-2	Taxa: R\$ 100.00
Taxa: R\$ 60.00		Tax	a: R\$ 100,00	·	

II. KYOC PA (Breaking) COMPETITION. Contest date: June 26 (sex)

02 participations will be considered as 02 events (Entre Fee: 1 event: R\$ 40,00; 2 events: R\$ 70,00;

3 events: R\$ 100,00; 4 events: R\$ 120,00). Pair or Team: R\$ 35,00/ person. Same as Kyong-Yôn Competition

All participants must respect breaking time of 3 minutes (begin to finish).

Organizing committee will provide only rebreaking board and bricks

Category	Codes	Techniques	Material
Precision	MD-1	Dolio, Rurio, Momdolio ou DolgueTchagui	Apple ou cup over the head
Heights	MD-2	Timyo Ap-tchagui	Rebreakable Board
Distance	MD-3	Timyo lop-tchagui	Rebreakable Board
Power I	MD-4	Hand, punch, elbow or knife hand	Rebreakable Board
II	MD-5	Kicking, lop or Duit-tchagui	Rebreakable Board
Difficulty	MD-6	Combination of Kicking or hand techniques	Bring own materials
Ki Hap	MD-7	(Expression & Concentration) Best concentration,	Jutchumso Momtong Dirgui (5)
		inner strength & self-control.	Aptchagui (6)

III. KYONG YÔN COMPETITION Contest date June 27 (sat).

MD-8 Weapons Competition (free of choice, time limit: 2 min.)

MD-9 Hosin-Sul/ Self Defense Competition (must have own partner, time: 2 ~4 min)

MD-10 Team Kyoc-Pa Demo: Group demonstrations with or without music, bring own material (Time limit is 06 min)



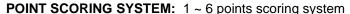
23rd WORLD TAG MATCH CHAMPIONSHIPS

June 28, 2020

The most exciting and dynamic Taekwondo tournament in the world since 1995 Origin of WT K-3 & K-5 World-Cup Team Competition System



- 1. Team of 2 competitors in the same weight division will fight only 1 round of 5 minutes or 4 minutes;
- 2. Competitor must attack within 5 seconds or will receive a "kam-jom",
- 3. Competitors of the same team can be switched with center referee's permission when competitor gets fatigued, injured, knock-down, disadvantaged or in any other situation or tatic of competition;
- 4. Coach or competitor in the ring have the right to call for a exchange of fighter by rising his/her right arm facing the center referee;
- 5. Only with center referee's permission, competitor can switch places with partner after 15 to 20 seconds from the start of the match;
- 6. In case of an injury or any other situation, partner must step in immediately within 5 seconds of center referee's signal;
- 7. Each division must have 2 teams, if not will combine division or be cancelled & the remaining rules are the same as the WT.



<u>① One Point</u>: Punching in body: <u>②Two Point</u>; Kicking in body protector. <u>③Three Points</u>: Kicking in face: Extra Points (1~3): Kicking with JUMP or TURNING or KNOCK-DOWN of opponent

REGISTRATION FEE R\$ 200.00 per Team. (seek institutional support, subscription until June 15)

AWARDS Medal to 1st, 2nd & 3rd Team and Special Champion Belt for winner Team

Must have at least 02 Teams per category or there will be arrengements.

In W.O case, there's no competition, the fee will be refounded and nobody receives award.

DIVISÃO	FEMALE	Color with Black (1 round of 4 min)
	-49 kg	DU – 1
PESO e	-57 kg	DU – 2
CÓDIGO	-67 kg	DU – 3
	+67 kg	DU – 4

MALE	Color & Black Belt (1 round of 4 min)
-58 kg	DU – 5
-68 kg	DU – 6
-80 kg	DU – 7
+80 kg	DU – 8

22[™] International Taekwondo Seminar

Schedule: June 26 (09:00-12:00). Poom-sae Seminal, Master LIM YC (Official Kukkiwon Instructor)

REGISTER NOW, <u>braziltaekwondogames@gmail.com</u>

BOOK YOU HOTEL OR HOSTEL HERE:

https://www.hoteis.com/?pos=HCOM_BR&locale=pt_BR or www.booking.com



The 50th BRAZILIAN TAEKWONDO FESTIVAL

BRAZIL TAEKWONDO GAMES 2019

23rd WORLD DOUBLE MATCH CHAMPIONSHIPS





June 26~28, 2020

www.brazilgames.com.br ou www.fetesp.com.br



TENTATIVE OFFICIAL PROGRAM

It may change without prior notice.

braziltaekwondogames@gmail.com. www.fetesp.com.br



Jun 05	Event Book material Deadline Early Registration and Accomodation Deadline
Jun 18 12:30 Jun 23 Jun 26 (Fri) 08-13h	Registration Deadline Official Divison Poomsae Drown, / /brazilgamestkd Deadline of Registration changes request. Confection of ID Registration & blackets Academia Liberdade (the 1st Taekwondo School in Brazil) Rua Conselheiro Furtado, 1044 – Liberdade. Sao Paulo Weight check & ID-Card
09-12h 12:00 14:00 17:00 18:00	22 nd Int´I Poomsae Seminal w/master LIM (welcome to all participants) Technical congress (Hotel Free Palace, next from Academia Liberdade) Black Belt Graduation (1 st - 7 th Dan) 22 nd Brazil-Mudo Games, Kyocpa – MD1~MD7 Special Welcome Dinner (Invitation required) – 2032 SEOUL PYONG YANG
Jun 27 (sat) 08:00 08:30	Competition Venue Concentration of athletes in waiting room 22 nd Brazil-Mudo Games Individual Poom-se PSM 01 ~ PSM/F24 and ParaTaekwondo. Kyong-yon, MD8 ~ MD10. Poomsae as Your Belt (Individual, Double, Trio e ParaTaekwondo): PSM/F, PD, PT, PP Poomsae Official: (Ind. Double & Trio): PSO Poom-se Free Style, PF Special Graduation of São Paulo State Governor's Social Taekwondo Project
11:00 12:00 14:00 15:00	Opening Ceremony, *Special Presentation of MUJU Demo Team Brazil Games – Mirim (all) Infant (Sub 11) and Cadet (Sub 14) Brazil Games (Kyorugui) – Master (all) & SUB 21 (only Black Belt)
Jun 28 (sun) 08:00 08:30 11:00 14:00	Competition Venue Concentration of athletes in waiting room Brazil Games – Junior (sub 17, all). Brazil Games – Adult (all), 23 rd World Double Match Championships (The World Tag-match TKD Championships)

Info, Brazil 02.

17:00

Closing Ceremony.

SAO PAULO: The state of São Paulo produces 62% of the country's sugar, 33% of coffee, 50% of fruit exports and 70% of the country's wealth passes through Paulista Ave (major business street in São Paulo City). The São Paulo Convention and Visitors Bureau actively competes on the international markets. Also, the hearts of the theater, film, and literature are here, as the country's finest museums are in São Paulo.

The mix of the culture has produced some of the most cosmopolitan menus in Brazil; Brazilian food is healthy, colorful, and delicious with its 3,000 restaurants and 3,500 bars. São Paulo is a city where you can find an excellent dinner at 4:00 a.m.

ACADEMIA LIBERDADE, Academia Liberdade is the first Taekwondo school opened in Brazil in 1970 by Grandmaster Sang Min Cho. Today Academia Liberdade is a 4-floor fitness facility with swimming pool, weight training room, fitness classes and martial arts.