



INVITATION

To

2ND ITF WOMEN'S

CONFERENCE

VENUE: DELHI, India

**DATE: Saturday 11th & Sunday 12th July
2015**

The 2nd ITF Women's Conference will be hosted by the ITF Women's Committee and Sabum Rachana Rajendran. It is open to female ITF black belt holders 16 years and above from all countries.

Our Conferences offer unique opportunities for ITF women to discuss and share what is important to us. The 1st ITF Women's Conference in Phuket, 2014, provided an excellent basis for realising our common goals. We discovered ourselves as strong and independent sisters with much in common and much to share. We have great support from ITF Headquarters and our dedication and determination give our Committee a valued reputation and respected voice. We agreed unanimously that a 2nd Conference was necessary and that the most urgent need from a humanitarian point of view is in teaching Self-Defence to disadvantaged and powerless women around the world.

Agenda - Self-Defence and Empowerment

Friday 10th July - arrival and transportation to hotel

Saturday 9am - Regional/National Activity Reports - please indicate

on the registration form if you will be presenting a short report for your region.

10am - **Discussion of aim: the formulation of programmes for teaching self-defence** - multiple levels, different needs, practical ideas and sharing of skills. Emphasis on initial confidence-building and self-empowerment strategies for victims of abuse and disempowered women.

11.30am - Empowerment workshop

1-2pm Lunch

2pm Empowerment workshop grounded in moral culture of TKD and self-defence workshop

Sunday 9am-12pm- Self-defence workshop

12pm-1pm - Discussion.

Enquiries and requests regarding the agenda should be forwarded by 28th February to Senior Master Linda Low: linda.low@bigpond.com

Accommodation

We can reserve accommodation for 2 delegates from each country. If you require accommodation for more than 2 delegates, we will welcome this but please reply **EARLY** as hotels in Delhi fill up fast.

There are 2 packages:

1) 4 nights' accommodation on a twin share basis. This includes breakfast and transport between the airport and hotel, Conference costs, Saturday lunch, morning and afternoon tea. It includes half-day sightseeing/shopping on Sunday, and a trip to the Taj Mahal, one of the Wonders of the World, on Monday. Departure Tues, 14th July. 300Euros.

2) 5 nights accommodation. Includes all of the above plus one day local sightseeing of attractions such as Delhi Gate, Lal Quila, Qutob Minar. Depart Wed. 15th July. 375 Euros.

Registration

In order for us to obtain an estimate of number of delegates, please fill out the Conference registration form and return it with a 50% deposit to S.M. Linda Low, Chair of ITF Women's Committee, by **7th March 2015.**

Full payment must be made by 30th May 2015.