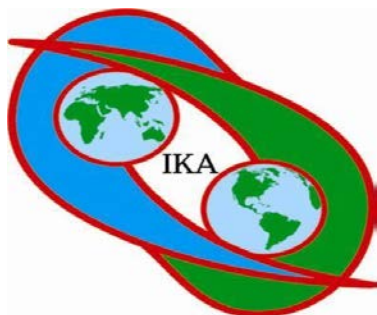


# OFFICIAL REGULATIONS



**COACHING SEMINAR  
INTERNATIONAL B EXAM**

12-22 March 2023  
Tashkent, Uzbekistan



**INTERNATIONAL COACHING COURSE AND B LICENSE  
COACHING EXAM SPECIALIZED FOR MEN AND WOMEN**

**12 – 16, March 2023 for Men**

**17-21 March 2023 for Women**

**Tashkent, Uzbekistan**

**Email: [info@iki-kurash.org](mailto:info@iki-kurash.org)**

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

**[WWW.KURASH-IKA.ORG](http://WWW.KURASH-IKA.ORG)**

**[WWW.IKI-KURASH.ORG](http://WWW.IKI-KURASH.ORG)**

**[WWW.KURASHTD.ORG](http://WWW.KURASHTD.ORG)**

# 2023

## INTERNATIONAL COACHING COURSE AND B LICENSE COACHING EXAM SPECIALIZED FOR MEN AND WOMEN

### I. AIMS

The International Kurash Institute carries out systematic work to improve the skills of Kurash coaches, referees and specialists, retraining, and improving their knowledge and skills in line with modern requirements. Therefore, this course was organized to prepare highly qualified Kurash coaches both men and women specialists, to enhance its popularity World Wide.

### II. VENUE AND DATES

Start Date: 1<sup>st</sup> Group (Men): 12<sup>th</sup> - 16<sup>th</sup> March 2023

Start Date: 2nd Group (Women): 17<sup>th</sup> – 21<sup>st</sup> March 2023

Place: Tashkent / Uzbekistan

Course venue: JOURNALISM AND MASS COMMUNICATION UNIVERSITY OF UZBEKISTAN

### III. PARTICIPATION THRESHOLD

National coaches representing Official IKA National Kurash Federations can attend the International Kurash Educational Coaching Course.

Due to the limited number of entries to be accepted “First come, First serve” rule will apply.

Each National Federation can enter 4 Participants, 2 MEN – First Group and 2 Women- in the second Group ( Free Accommodation and 3 times meals in DOUBLE ROOM, including local transport ).

**Additional participants will need to cover all the expenses by themselves.**

**It's not possible to send 4 Males or 4 females as free Quota.**

Any **Extra Participants** will pay Single Room \$100 Per day Inc 3 Meals / Double Room \$160 for 2 Person Inc 3 Meals

**MUST BE ABLE TO COMMUNICATE IN ENGLISH**

### APPLICATION SUBMISSION DEADLINES

The deadline for submitting applications for participation is 5<sup>th</sup> of March, 2023

The deadline for submitting the travel schedule is. 5<sup>th</sup> March 2023

**ANY APPLICATIONS RECEIVED AFTER THE DEADLINE WILL NOT RECEIVE ACCOMMODATION OR AIRPORT PICKUP.**

Copies of the passport and official application form, and travel schedule form are attached. Properly filled forms, **scanned** passport copies and color passport-size photos of each participant should be submitted by email to the following email [info@iki-kurash.org](mailto:info@iki-kurash.org).

#### Yakhtaks

Free yakhtaks will be provided by IKI . ONLY 4 Per country; additional participants must obtain their own Yakhtaks for the course at a rate of \$50 USD .

#### IV. VISA SUPPORT

1. International Kurash Institute ( IKI ) will offer visa support letter to obtain visa upon arrival at the airport or at the Embassy of the Republic of Uzbekistan in your country.

#### V. LIABILITY

Neither the IKA nor IKI shall be liable in case of injury or personal loss experienced by the participants throughout their visit. All National Federations are liable for their own medical insurance.

<b>IV. Daily Schedule*Men</b>			
<b>11-12 March Saturday- Sunday</b>	00.00 – 24.00	Arrival of Experts (11 March) Course participants (12 March)	Tashkent International Airport ( TAS )
	14.00 – 24.00 18.00- 20.00	Hotel Check-in Yakhtak – ID Card Distribution	<b>Hotel</b>
<b>13 March</b>			
<b>Monday</b>	07.00 – 09.00	Breakfast	<b>Hotel</b>
	9:15 - 9:45	Transfer to Sports venue	<b>Hotel Lobby</b>
	10.00 – 10.30	Opening Speech By IKI Rector / VIP Guest Registration	Sports venue
	10:30-12:30	Coaching Course	Sports venue
	13.00 – 14.30	Lunch	<b>Hotel</b>
	15.00 – 18.00	Coaching Course	Sports venue
	19:00-20:00	Dinner/End of the day	<b>Hotel</b>
<b>14 March</b>			
<b>Tuesday</b>	07.00 – 09.00	Breakfast	<b>Hotel</b>
	9:15 - 9:45	Transfer to Sports venue	<b>Hotel Lobby</b>

	10:00 - 12:00	Coaching Course	Sports venue
	13.00 – 14.30	Lunch	<b>Hotel</b>
	15.00 – 18.00	Coaching Course	Sports venue
	19:00-20:00	Dinner/End of the day	<b>Hotel</b>
<b>15 March Wednesday</b>	07.00 – 09.00	Breakfast	<b>Hotel</b>
	9:15 - 9:45	Transfer to Sports venue	<b>Hotel Lobby</b>
	10:00 - 12:00	Coaching Course	Sports venue
	13.00 – 14.30	Lunch	<b>Hotel</b>
	15.00 – 18.00	Coaching Course	Sports venue
	19:00-20:00	Dinner/End of the day	<b>Hotel</b>
<b>16 March Thursday</b>	07.00 – 09.00	Breakfast	<b>Hotel</b>
	9:15 - 9:45	Transfer to Sports venue	<b>Hotel Lobby</b>
	10:00 - 12:00	IKA Coaching B License Exam	Sports venue
	13.00 – 14.30	Lunch	<b>Hotel</b>
	15.00 – 18.00	IKA Coaching B License Exam / Seminar Certificate Awarding / Photo session	Sports venue
	19:00-20:00	Dinner/End of the day	<b>Hotel</b>
<b>17 March Friday</b>	07.00 – 09.00	Breakfast	<b>Hotel</b>
	09.00 – 12.00	Check out for All	<b>Hotel</b>
		Departure	Tashkent ( TAS ) International Air Port
<b>IV. Daily Schedule *Women</b>			
<b>17 March Friday</b>	00.00 – 24.00	Arrival of Participants	Tashkent International Airport ( TAS )
	14.00 – 24.00 18.00- 20.00	Hotel Check-in Yakhtak – ID Card Distribution	<b>Hotel</b>
<b>18 March</b>	07.00 – 09.00	Breakfast	<b>Hotel</b>
	9:15 - 9:45	Transfer to Sports venue	<b>Hotel Lobby</b>

<b>Saturday</b>	10.00 – 10.30	Opening Speech By IKI Rector / VIP Guest Registration	Sports venue
	10:30-12:30	Coaching Course	Sports venue
	13.00 – 14.30	Lunch	<b>Hotel</b>
	15.00 – 18.00	Coaching Course	Sports venue
	19:00-20:00	Dinner/End of the day	<b>Hotel</b>
<b>19 March Sunday</b>	07.00 – 09.00	Breakfast	<b>Hotel</b>
	9:15 - 9:45	Transfer to Sports venue	<b>Hotel Lobby</b>
	10:00 - 12:00	Coaching Course	Sports venue
	13.00 – 14.30	Lunch	<b>Hotel</b>
	15.00 – 18.00	Coaching Course	Sports venue
	19:00-20:00	Dinner/End of the day	<b>Hotel</b>
<b>20 March Monday</b>	07.00 – 09.00	Breakfast	<b>Hotel</b>
	9:15 - 9:45	Transfer to Sports venue	<b>Hotel Lobby</b>
	10:00 - 12:00	Coaching Course	Sports venue
	13.00 – 14.30	Lunch	<b>Hotel</b>
	15.00 – 18.00	Coaching Course	Sports venue
	19:00-20:00	Dinner/End of the day	<b>Hotel</b>
<b>21 March Tuesday</b>	07.00 – 09.00	Breakfast	<b>Hotel</b>
	9:15 - 9:45	Transfer to Sports venue	<b>Hotel Lobby</b>
	10:00 - 12:00	IKA Coaching B License Exam	Sports venue
	13.00 – 14.30	Lunch	<b>Hotel</b>
	15.00 – 18.00	IKA Coaching B License Exam / Seminar Certificate Awarding / Photo session	Sports venue
	19:00-20:00	Dinner/End of the day	<b>Hotel</b>
<b>22 March Wednesday</b>	07.00 – 08.00	Breakfast	<b>Hotel</b>
	09.00 – 12.00	Check out for All	<b>Hotel</b>
		Departure	Tashkent (TAS) International Air Port

- PLEASE NOTE – BREAKFAST / LUNCH /DINNER WILL BE AT THE HOTEL
- A DETAILED DAILY PROGRAMME WILL BE GIVEN UPON REGISTRATION
- \*\* Subject to change