

LEGENDS SEMINAR 2026



POWER  
LEGACY  
GREATNESS

AARON  
COOK

21-22.2.2026 - TAMPERE, FINLAND



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21-22.2.2026 - TAMPERE, FINLAND



YOU'RE INVITED TO TRAIN WITH A LEGEND!

STEP ONTO THE MATS WITH AARON COOK, ONE OF THE MOST ELECTRIFYING AND LEGENDARY FIGURES IN TAEKWONDO.

KNOWN WORLDWIDE FOR HIS FEARLESS FIGHTING STYLE, EXPLOSIVE POWER, AND RELENTLESS PURSUIT OF GREATNESS, AARON IS OPENING THE DOORS TO SHARE HIS KNOWLEDGE, TECHNIQUES, AND MINDSET IN AN EXCLUSIVE SEMINAR.

THIS IS YOUR CHANCE TO:

- LEARN DIRECTLY FROM A LIVING LEGEND.
- EXPERIENCE WORLD-CLASS TECHNIQUES AND STRATEGIES.
- BE INSPIRED BY THE JOURNEY OF A TRUE WARRIOR.

DATE: 21-22.2.2026

LOCATION: TAMPERE - FINLAND VARALA SPORTS INSTITUTE

DON'T MISS THE OPPORTUNITY TO TRAIN WITH GREATNESS.

MORE INFO: [BETKDSEMINARS@GMAIL.COM](mailto:BETKDSEMINARS@GMAIL.COM)



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- 2x OLYMPIAN – BEIJING 2008, RIO 2016
- FORMER WORLD & OLYMPIC NO.1, SENIOR MALE -80 KG WT
- 6x EUROPEAN CHAMPION (CADET 2005, JUNIOR 2007, U21 2010, SENIOR 2010, 2012, 2014)
- WORLD PRO TOUR CHAMPION (2009)
- WORLD GRAND PRIX CHAMPION (2014)
- JUNIOR WORLD CHAMPION (2008)
- 2x SENIOR WORLD MEDALLIST (2015, 2017)
- 20+ MAJOR OPEN TITLES (INCLUDING US, BRITISH, DUTCH, FRENCH & AUSTRALIAN G2 TITLES)
- 4TH DAN BLACK BELT, KUKKIWON
- WT "BEST KICK OF THE YEAR" WINNER (2015, 2017, 2018)



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**21-22.2.2026**

## SCHEDULE

### SATURDAY 21.2:

12.30-13.00: ARRIVAL AT VARALA AND REGISTRATION  
13.30-15.30: SESSION 1  
15.30-15.45: PHOTO SESSION  
16:00-17.00: DINNER  
18.00-20.00: SESSION 2  
20.30-21.00: SUPPER  
20.00-22.00: SAUNA AND INDOOR POOL AVAILABLE

### SUNDAY 22.2:

7.30-8.00: BREAKFAST  
9.00-11.00: SESSION 3  
11.00-12.30: LUNCH  
13.00-15.15: SESSION 4 - PHOTO SESSION AND END OF SEMINAR



# PRICES

THANKS TO THE STRONG PARTNERSHIP BETWEEN VARALA AND BLACK EAGLE, WE WERE ABLE TO ACHIEVE HIGHLY COMPETITIVE PRICING. PLEASE NOTE THE FOLLOWING PRICES INCLUDE **ACCOMODATION** IN VARALA IN DOUBLE ROOMS, **MEALS** (SATURDAY, DINNER AND SUPPER, SUNDAY BREAKFAST AND LUNCH, THE SEMINAR ADD 5€ EXTRA FOR ACCESS TO THE INDOOR SAUNA AND SWIMMING POOL)

-  **EARLY BIRD** (PAID FOR BY 31.11.): **185€ +30€ FOR SINGLE ROOM**
-  **REGULAR PRICE** (PAID FOR BY 15.01.) **215€ +30€ FOR SINGLE ROOM**
-  **LATE / LAST SPOTS:** (IF AVAILABLE PLACES) **250€ +30€ FOR SINGLE ROOM**

PRICE WITHOUT ACCOMODATION AND MEALS:

-  **EARLY BIRD** (PAID FOR BY 31.11.): **165€**
-  **REGULAR PRICE** (PAID FOR BY 15.01.) **195€**
-  **LATE / LAST SPOTS:** (IF AVAILABLE PLACES) **230€**



EVENT IS OPEN TO ALL STYLES, (WT, ITF, ETC...)

SIGNING UP HAPPENS THROUGH [VARALA.FI](http://VARALA.FI)

