

Name: Lazaros
Fathers name:
Konstandinos
Family Name: Tsilfidis
Date of birth: 31/1971
Place of birth
Tashkent Uzbekistan
Married has one son
19 years old



Brief introduction.

Tsilfidis Lazaros came to Russia from Greece after High school for studies at 1990. At that time he did not know to read and write on Russian language. 1999 was elected secretary general of existing Taekwon-Do federation. 2003 only he, with his students and few instructors, from only three districts of Russia, supported the ITF Federation under Master Trần Triệu Quân as President. Totally only 10 instructors (plaque holders) joined the movement that was organized, without any support, without any recognition from the government. The existing that time Federation with the majority of members joined the ITF led by North Korean Group. Having the Majority against him Master Tsilfidis from then until now achieved.

- ✓ Establish the All Russia Taekwon-Do ITF Federation;
- ✓ Recognition and support from the National sport Ministry;
- ✓ Recognition and membership at Russia Union of Martial Arts (RUMA);
- ✓ Recognition and membership at Committee of National and Not Olympic sports;
- ✓ 2015 elected ITF Board director member;
- ✓ Three times elected as AETF Board director Member;
- ✓ Appointed member of the Supreme Council of Russian Union of Martial Arts;
- ✓ Director of his own sport club "Kniaz Dolgoryky" with 700 students;
- ✓ The all Russia Federation now have members at 48 districts with 321 instructors plaque holders and keep growing;
- ✓ The biggest competition " Moscow challenge" that is organized by Master Tsilfidis annually for 18 years had 1586 participants at 2018;
- ✓ All Russia seminar had 700 participants at 2018;
- ✓ Russia Nation team became the best overall country in European Championships 2018;
- ✓ 2019 June Russia is organizing the first ever Open European Cup, in the Olympic stadium "AICBERG" at Olympic city of Sochi

ALL Russia Taekwon-Do ITF Federation, International Instructors Plaques holders growth, last seven years under the leadership of Master Tsilfidis

2012 – 39
2013 – 60
2014 – 64
2015 – 130
2016 – 169
2017 – 263
2018 - 321

Studies Education

1978-1990: Greece. School - high school;
1990 – 1994: Russian state physical education academy, diploma number № 228930;
1994: awarded the scientific degree of Master of Science, in Education;
1999: awarded the degree of doctor of philosophy (PH.D) in Pedagogies, diploma number № 004323;
2006: Moscow institute of open education “management in education”
Diploma number № 002582

Taekwon-Do and life History

ID. 491837

Degree: № RU-7-1. Date 27 Jen 2013

International Umpire “A”: № 584 ISSUED 5th September 1995

International instructor: № 720 ISSUED 5th September 1995

Instructors





1. Master Lee Ung Sok (he is the one who demonstrate the Juche Tul in Encyclopedia)

2. Master Pek Men Chor , National DPR of Korea coach (he is the one who demonstrates the Choong-Moo tul in encyclopedia)

1971-1978: first Years of life in Uzbekistan;
1978-1990: Greece. School - high school;
1985: start practicing Taekwon-Do and Tang Soo Do in Greece;
1990: moves to Russia for studies
1991: start to teach self defense to students of Russian state physical education academy;
5th sept 1995 receive his 4th degree № RU-4-32;
1995: participate in second special 6 month Instructors Course Certificate № 2-2 under the leadership of Master Lee Ung Sok (he is the one who demonstrate the Juche Tul in Encyclopedia);
1995: open his Taekwon-Do Club;

1996: start to teach Taekwon-Do and self defence to Russia airborne troops;
 1997: participate at first International Taekwon-Do seminar and Training held in Taekwon-Do palace in DPR of Korea, Pyongyang under the leadership of Master Pek Men Chor , National DPR of Korea coach (he is the one who demonstrates the Choong-Moo tul in encyclopedia) ;
 1999: elected Secretary General at Russia TKD Federation and receives his Ph.D degree;
 2001: start to work at Moscow Department of education. Teaching theory of physical education and sport science for school teachers;
 2003: start corporation with ITF under Master Trần Triệu Quân as President;
 2004: founder of All Russia Taekwon-Do Federation;
 2004-2006: Russian National team head coach;
 2006: receive serious injury, doctors propose to assign a disability but he refuse;
 2007: February leaves to Greece for rehabilitation and recover:
 2007: August return to Russia and continue his work;
 2008 15th may Wroclaw Poland first time elected AETF board member;
 2015: Jesolo Italy elected as ITF Board Member.

SPORTACCORD Conventions Participant from ITF delegation

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|-------------|---|---|
| 13th | April 19–24, 2015 ^[38] |  Sochi, Russia ^[39] |
| 14th | April 17–22, 2016 |  Lausanne, Switzerland ^[40] |
| 16th | April 15–20, 2018 |  Bangkok, Thailand ^[42] |
| 17th | Appointed unanimously by ITF board of directors to participate and represent ITF with Master Tadeusz Loboda May 5–10, 2019 |  Gold Coast, Australia |

ITF International courses participation

| | | |
|------------------------|------------|--------|
| IIC 117 Veroia, Greece | 28/04/2017 | 117-81 |
|------------------------|------------|--------|

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| 3th Convention | 01/03/2017 | 3-7 |
| IIC 110 Warsaw | 27/05/2016 | 110-41 |
| IHC 1- Argentina | 28/01/2016 | 1-6 |
| IIC 106 Tampere, Finland | 06/11/2015 | 106-166 |
| IIC 104 Tashkent, Uzbekistan | 18/09/2015 | 104-14 |
| IUC 21 Budapest, Hungary | 13/02/2015 | 21-64 |
| IIC 98 TREVISO, ITALY | 14/11/2014 | 98-150 |
| IIC 86 - Russia | 20/09/2013 | 86-9 |
| IUC 13 - Spain | 23/02/2013 | 13-81 |
| IIC 78 - Ireland | 25/01/2013 | 78-122 |
| IIC 77 - Israel | 30/11/2012 | 77-1 |
| IUC - Limerik | 30/06/2012 | |
| IUC - Villorba | 17/12/2010 | |
| IIC 47 – Tambov Russia | 06/09/2009 | |
| IUC - Greece | 01/02/2008 | |
| IIC - Lublin | 07/10/2005 | |
| 1997: First, one month, International Taekwon-Do seminar and Training held in Taekwon-Do palace in DPR of Korea, Pyongyang | | |
| 1995: Second Special 6 month Instructors Course in Novosobirk Russia, Certificate № 2-2 | | |
| 74 th IIC under General Choi Hong Hi 22 April 1994, Russia | | |

