

Annual report of national association of Taekwon-Do ITF 2016



Czech National Taekwon-Do Union ITF

www.taekwondocz.com NA for ITF & AETF in Czech Republic



Abouts

Czech National Taekwon-Do Union ITF

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Czech National Taekwon-Do Union (CzNTU) was found in 2003, it is regular member of AETF and ITF.

CzNTU consists of self-governing schools with 6 clubs in total.

CzNTU has 5 international instructors authorized to hold gradings.

Further it has 2 instructors with 2nd level of national trainer licence and 9 assistants with 3rd level of national trainer licence. Its activity is focused mainly to children and teen-agers. Mainly we organize summer camp (once a year), seminars, weekend activities like training camps, regional competitions, Czech Championship and other activities. To read more about our activities, please see our website.

www.taekwondocz.com | www.itfczech.com

[You Tube](#)

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and websites of our member schools.



Organization structure

Czech National Taekwon-Do Union ITF Board of directors was elected at regular session of general meeting at 2016.

Board of directors:



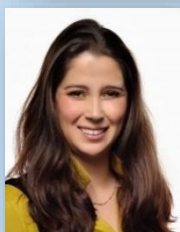
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Mr. Robert Pokorný

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January - 2016

Plaques and fees 2016, annual report was presented

In January 2016, member fees for Czech Republic's NA Czech National Taekwon-Do Union were paid- 50 € for ITF, 100 € AETF.

The annual report of the year 2015 was done. This has been authorized by Board of Directors of CzNTU and sent to ITF and AETF Headquarters.

All CzNTU's trainers are holders of ITF Plaques

ID	First Last Name	Plaque number
481424	Lenka Kolofíková	607664
481430	Kamil Kolofík	197
481444	Tomáš Mácha	607654
481472	Viktor Stein	600979
481480	Jaroslav Urbánek	600981
481705	Petra Bláhová	607663
503182	Jan Růžička	607655
503183	Ondřej Růžička	607656
503184	Michal Zemanec	607657
503185	Jiří Holan	607652
481435	Josef Kubát	607653



Taekwondix 2016



In days 16th and 17th January 2016 trainers of Czech National Taekwon-Do Union (International instructors Lenka and Kamil Kolofík) took part in seminar about polish project TAEKWONDIX. TAEKWONDIX is educational and training system for the youngest taekwondists. Author of project is International instructor Andrzej Undro, IV. Dan, who was also leader of whole seminar. The attendance at seminar was really international – there were 65 participants from 11 european countries. Except Poland and Czech Republic there were also represented countries as Bulgaria, England, Scotland, Netherland, Georgia etc. At present sheet there were names of Masters as Coos van den Heuvel, Alexander Dunbar, Donato Nardizzi, Tadeusz Loboda, Jerzy Jedut and Zbygniew Semp.

At registration each participant get very nice lever arch file including some informational materials. Seminar was started at 11 a.m. and as the first there was short introducing of essence of TAEKWONDIX system – training must be full of fun. During first training all participants turned to little children and played games. There were many games – running games, games for improve coordination or games for catch attention. Everybody has joined games, including Masters.

In afternoon part new games were introduced – this time games which need some equipment as tatami, toys and squeeze toys etc. Participants gained as prize playing cards with various characters. Children in TAEKWONDIX program can gain the same cards as prize – it is not only present reward, they can change cards or play game with them. Rules of games were presented in hotel at evening.

Second day was mainly about team-games, gaining of new cards and many new information. As final game trainer prepared for his „children“ an assault course which they enjoy as the most – they can played as Tarzan, Batman and many more.

At the end all participants got certificates and key-rings and it was also time for group photos. Seminar ended around 2 p.m. so trainers of CzNTU had enough time to do some sightseeing in historical center of Wroclaw – the city of culture for year 2016.

Seminar gave us not only many information and experiences but also many new friendships and invitations to other international events. We thank to father of TAEKWONDIX system, Mr. Andrzej Undro, for amazing weekend spent with Taekwon-Do.



Wintercamp in Szczyrk, Poland 2016



On 12th to 19th February was held traditional wintercamp of Polish Taekwon-Do Association in Polish side of Beskydy mountain in beautiful city which is also skiing center.

Event was attended not only with members of PTA but also with taekwondists from other European countries such as France, England, Ireland and also from Czech Republic. From Czech Republic attended trainers from Czech National Taekwon-Do Union Kamil and Lenka Kolofik, both IV. Dan. Camp flows similarly as previous years. At the morning each participant could choose if he wants to go to skiing or take part in morning training. These trainings were under leading of master Jerzy Jedut VIII. Dan and were focused to techniques and funny way of conditioning, whereas afternoon trainings were focused to sparrings. Afternoon trainings were divided into two parts: children – under leading of instructor Jaroslaw Suska VI. Dan and adults again under leading of master Jedut.

During camp there were also other well known people such as master Tadeusz Loboda VIII. Dan and master Denis Thomas VII. Dan.

As in previous year at evenings hours were held sessions focused to tulls under leading of master Loboda and personal consultations with other instructors.

Thank you for superb event, we are looking forward next year.



Demoteam at Šešovický masopust



On 20th February 2016 members of Takwon-Do school Sparring Mnichovice did exhibition at traditional regional event named „Šešovický masopust“. Even though the weather was very cold with rain showers, our children showed their best in Doboks. Members of exhibition team were: Sára Podskalníková, Natálie Podskalníková, Lucie Bohatá, Daniela Richterová, Patricie Pokorná and Eliška Hupcejová. Viewers liked the exhibition and rewarded girls performance by hugh applause. Many thanks to organizers of event for invitation. We are looking forward to next meeting.



February training camp of Taekwon-Do school Strančice



Taekwon-Do school Strančice held another weekend training camp on 27th and 28th February.

Just as last year in June we set out to South Bohemian region named Taborsko. We found there well known gym, pleasant canteen and surrounding winter nature. That is all that we need for sport exercise. In total we was group of 30 people, we set out on Saturday morning from our domestic gym to start our first training at 10 a.m. There were sportmans from 6 years old to men of their forty. Training camp was focused on basic techniques, learning of new tuls, trying techniques for sport fight and trying of breaking boards (wirok). Of course there was also selfdefence, which was diversified with practical training of it – it could happen everytime that someone of Taekwondists who walk through building had to deal with prepared traps and storylines.

Saturday evening we varied with videos from November competition in italian Milan, where our competitors collected many medals. The analysis of fight and tul matches can enrich not only competitors but more other sportmans, so we – as trainers – commented and valued and advised, to reach same results next time, maybe at competition in Netherlands we are preparing for right now.

We are glad that everybody liked this event, above all the youngest children, because for some of them it was the first trip without their parents!

We would like to thank our partner Porta s.r.o. and city Strančice for their financial support, which allows us to hold training camps easier.

Just now we are planning next training camp and our first one-week Summer camp.

We are looking forward next sport experiences.

trainers of Taekwon-Do school Strančice Petra Bláhová, Tomáš Mácha, Josef Kubát a Jaroslav Urbánek



Preparing for Prešov Open



On 6th March 2016 was held special training in gym TJ Čerčany to prepare competitors for representing Taekwon-Do school Sparring and Czech National Taekwon-Do Union at very prestige Slovak competition named Prešov Open. The session was focused to individual categories and to synchronize movements in team tull – our competitors will defend successes from last years.



Taekwon-Do Kids, Wien



At weekend 12th and 13th March participated representatives of Czech National Taekwon-Do Union at seminar about Taekwon-Do Kids program, which is under patronate of International Taekwon-Do Federation. Seminar was leaded by Master Donato Nardizzi, VIII. Dan, president of english Taekwon-Do federation and Head of the "Children's Development Committee" of the ITF. Seminar was held in capital of Austria – Wien and was organized by austrian national association, especially by head of austrian Kids program Christina Mechaček, IV. Dan. On seminar were attended by 48 taekwondists from variol european countries.

Seminar has started with short introducing of program, but it did not take more than few minutes and games were started – they continued through whole morning session. It were games for individuals and for teams – from games to try stability, through game for training coordination of movements, to games which helps children with understanding of Taekwon-Do tenets .

Afternoon part was divided into two sessions. The first session was filled with thorough presentation of Taekwon-Do kids program, presentation of websites and study materials. At the end there were presentated dobok, badges and stickers, which children can get during training when they fullfill some goals or for special effort or performance.

Next day, on Sunday, seminar continued in gym, where participants tried game for developing motoric skills and cooperation in team. The last part of seminar was again in lecture room next to the gym, where participants debating about „safety“ education for children (bullying, danger and stranger awareness).

At the of course, every participant get certificate entitling him to run educational program Taekwon-Do Kids in his country. Many thanks to organizers for very profesionaly prepared event.



International competition Prešov Open 2016



On 11th March at morning team of competitors and delegates set out to very prestige competition named Prešov Open to Slovakia. The weather during our journey was sunny – after few years of cloudy weather we finally saw sunlit mountains Vysoké Tatry. At the morning the registration and weighting was done.

Saturday we went to the sporthall where categories of individual tulls have started. Our competitor Lucie Bohatá get bronze medal in her tull category. Afternoon was focused to sparrings where we got some medals again. It was silver medals for Patricie Pokorná and Eliška Hupcejová from their categories. Also the category of Special techniques was started. Eliška Hupcejová started in this category for first time – she had 18 opponents in her category but she had qualified into group which fought for medals. After very thrilling progress of category, where the height was fivetimes increased because competitors had same points, Eliška got bronze medal. At the end of Saturday part there were some final matches and dancers performance. Sunday was for our team in sign of Team tull category, which took place in afternoon. There were 7 teams in this category, our team - Lucie Bohatá, Patricie Pokorná, Eliška Hupcejová, Jiří Beneš and Martin Bambas – got very nice bronze medal. Then we set out to way back home. We are looking forward next competitions



School Taekwon-Do in Czech TV



For Adam Rojko, member of Taekwon-Do school Strančice, it was next experience with filming for Czech TV. Last year he participated in competition for talented children named „Zlatý oříšek“ (Gold nut) in Říčany. He was successful so he got through to national final round of Zlatý oříšek 2015 and did filming in Czech TV's studios in Brno.

Now Adam did filming in Prague studio on Kavčí Hory. Two of our trainers – Tomáš Mácha and Petra Bláhová - accompanied him into the studio. There were cosmic studio full of craters and planets and also host Tomáš and Ivana waiting for them. Screenplay was prepared. Adam was prepared to! Interview at the beginning, then in one shot, then training of techniques with kick-shields. Filmed. And then, at the end, one offer from director which we can not refuse – breaking of wooden boards! Preparation of microphone and then just director's instruction: „Recording...aaaand ACTION!“ One jump, one turning and two boards are broken. Then just one photo with trainers in studio of Planet Yó. We hope we will visit this place again.



You can see Adam in Planet Yó on Monday 18th April 2016.

<http://decko.ceskatelevize.cz/planeta-yo>

Adam's exhibition in „Zlatý oříšek 2015“ you can see in archiv of trainers of Taekwon-Do Strančice





Best of the best 2016 – participation of Taekwon-Do school Strančice



As usually Taekwon-Do school Strančice participated on international competition Best of the Best. This year it was 13th year. Participants from Austria, Slovenia, Slovakia, Belarus, Hungary and Czech Republic should check out our competitors before Czech Championship in Benátky nad Jizerou and clarify nomination to Holland Cup 2016, where we will set out on 17th June.

Eleven competitors with all four trainers as accompaniment bravely fought for medals in categories Tull, Matsogi, T-Ki and Mobum matsogi.

Few days before competition disease struck one of competitors from team for Team Tull category. Fortunately fully-fledged stand-in has been found. So our team in Team Tull category retained gold medal from last year.

The best competitor of our school was Junior Samuel Pasler – he gained 4 medals (gold from Tull, Special techniques and Team Tull and silver from Matsogi, His performance you can see there: <https://youtu.be/G-Cs-tzU9S8>

Our congratulations are also for other competitors of our team who gained medals: Karin Goldmannová, Ivana Klečková, Lucie Trejbalová, Adam Rojko, David Pačes, Kryštof Ostertag, Tomáš Bruckner, Rozálie Pačesová, Jan Fojtík and Daniel Chvojka.

Now we are going to participate Czech Open Championship in May and then weekend camp before Holland Cup. We hope that we will enjoy competition in Netherland. Cross your fingers, Taekwon!



AETF congress – Tampere, Finland



On Thursday 28th April the delegation of Czech National Taekwon-Do Union set out to Finland to European Championship, which was held in city Tampere. Delegation had two members – chairman of Technical committee Kamil Kolofík and secretary of TC Robert Pokorný. After arrival to Helsinki airport they had to travel by bus for 2 hours. At the evening they arrived to hotel Cumulus Koskikatu and made a little city walk.

Friday morning they spent in sporthall watching competition and meeting lot of friends from other European countries. And afternoon the AETF congress has started. This time it was voting congress – it was necessary to vote representatives for next 4 years. Congress started at 3 p.m., according to plan. Also representatives of ITF participated as guests. Representatives from 31 countries participated the congress.

Congress ran according to agenda – presentation of report about AETF management activity for 4 years, financial report and presenting candidate to president AETF for next period. There was only one candidate to this post – master Loboda. He was voted to president post again. Also the candidature to post of vicepresident was not surprise. To this post was nominated master Coos v/d Hoovel, VIII. Dan. He was confirmed to his post too.

Next voting was not such easy. There was voted 6 members to AETF board, nominated was 10 candidates. After casting all votes there was a short break for counting votes, were declaration of results. To the AETF board for period 2016 – 2020 were voted:

Mr. Tomaz Barada
Mr. Philip Lear
Mr. Leonardo Oros Duek
Mrs. Mimmi Oskarsson
Master Lazaros Tsilfidis
Master Kenneth Wheatley



AETF congress – Tampere, Finland

Next article of agenda was voting of revision committee. There were confirmed similar members as in last period. Members of revision committee are:

Master Frank Vanberghen

Master Ray Nicolaisen

Master Panagiotis Gialamas.

As the last point of voting part of congress, new-voted president Master Loboda presented his secretary. To this post was appointed Master Jedut.

So it was the end of voting part of AETF congress. Next was planning of next years. Representatives of Bulgaria presented invitation to European Championship 2017, which was confirmed. So next year we are going to Sofia. Also the European Cup 2017 in Warsaw, Poland, was confirmed as same as the European Championship 2018 in Maribor, Slovenia.

As next the candidature for European Championship 2020 was presented by representatives of Slovakia.

Czech National Taekwon-Do Union would like to congratulate to all new voted representatives of AETF.

Next day was just only the way back to Prague – first of all bus from Tampere to Helsinki and then plane to prague airport.





Open Championship Taekwon-Do ITF of Czech Republic 2016



One year ago, the term of next czech championship of Taekwon-Do ITF was presented. The most important day for all competitors was approaching very quickly and the time for training got shorter.

At morning Saturday 14th May first competitors arrived to sporthall of Elementary school of Benátky nad Jizerou. This year list of participated clubs was very varied included some new names of clubs. 11 czech clubs arrived to the competition: Ge-Baek Mladá Boleslav, Taekwon-Do Milovice, Tong-il České Budějovice, Sonkal Praha, Taekwon-Do Silla, Sparring Mnichovice, Taekwon-do Sabom, TKD Benátky nad Jizerou, TKD Pečky, Taekwon-Do Strančice a Czech Taekwon-Do I.T.F. Asociation. This list of participated schools from three czech national associations is proof of the fact that gen. Choi's idea about united Taekwon-Do is still alive. In total were participated 138 competitors, 26 coaches and 20 referees.

At 10 a.m., after finishing registration, corrections in categories and meeting of coaches and referees, all competitors lined up for opening ceremony led by president of Czech National Taekwon-Do Union, Mr. Viktor Stein, IV. Dan.

There were prepared four rings for competition, one of this was for categories Special techniques and Power test. As usually, competition started with full categories of the smallest competitors. These categories was the most occupied. It was not exceptional that in one categories started more than 20 competitors. In these categories competitors had to go through 4 elimination rounds to compete in final round. As we went along the competition, diplomas and medalls were awarded. Alongside full categories there were categories Special techniques and Power test on ring nr. 4.

At 13.30 categories of fulls were done. So we started with matsogi and team fulls. In total 13 teams were registered. They were divided to childs and adults teams. Categories of matsogi started again with the smallest competitors. Winners of categories was awarded with diploma, medall and gift-bag from our honoured sponzor – shop with martial arts equipment named Hayashi. As the last category there were our biggest competitors – seniors +85 kg. This is the most watched and most attractive for spectators. The last one match ended on 5.15 p.m.



Open Championship Taekwon-Do ITF of Czech Republic 2016

As last the most successful competitors were awarded:
Child female – Rozálie Pačesová (Taekwon-Do Strančice)
Child male – Erik Haluška (Taekwon-Do Benátky nad Jizerou)
Junior female – Tereza Štekerová (Sonkal Prague)
Junior male – Samuel Pasler (Taekwon-Do Strančice)
Senior female – Tereza Žilinská (Sonkal Prague)
Senior male – Jiří Huml (Sonkal Prague)

The closing ceremony was led again by president of CzNTU, Mr. Viktor Stein.

Thanks to all of our sponsors, especially to MV Pring&Graphics, Hayashi, 3R Service CZ and Sokol Benátky nad Jizerou, competitors, referees, trainers, coaches and all other people who helped us to arrange this amazing event. We are looking forward next year Championship of Czech republic...





110th IIC Warsaw, Poland



At weekend 27th – 29th May there was held 110th international instructor course (IIC) in Poland capital Warsaw. Trainings were under leading of Grandmaster Hector Marano (IX. Dan, Argentina), Grandmaster Kim Ung Lan (IX. Dan, Germany) and Master Paul Weiler (VII. Dan, Germany). Also the Czech National Taekwon-Do Union had its representatives on this important event – Chairman of Technical committee Kamil Kolofík and Lenka Kolofíková (both IV. Dan).

Participation on this seminar was sizeable – there were 263 participants. We could see participants from more than two tens countries (Poland, Bulgaria, Denmark, Netherlands, Georgia, Russia, Ukraine, Moldova, Uzbekistan, Romania, Ireland, England, Norway, Sweden, Germany, Belarus, Latvia, Israel, Italy, Lebanon, Hungary, Scotland, Argentina and Czech Republic).

Extraordinary was also the number of masters and grandmasters participated. Except three high mentioned lectors there were 23 masters and 1 grandmaster as participants.

Grandmaster Hector Marano leded as usually technical part of IIC – all tulls and many basic techniques were practiced and corrected Grandmaster Kim Ung Lan focused to selfdefence and training of sparrings. Innovation in IIC program was very interesting presentation by Master Paul Weiler about unhealthy drills, which are unfortunately part of many training sessions done. Heart of his presentation was that trainers should start to think about drills used in their trainings instead of to blindly perform drills which they have seen somewhere. Part of presentation was also performing of bad drills using model of vertebral column and joints – there we can see very well how bad drills as sit-ups are harming the spine. There were many questions for master Weiler about concrete drills so his presentation was prolonged a little bit.



110th IIC Warsaw, Poland

Also this time there were grading to higher belts from IV. Dan and higher. After end of grading Grandmaster Marano welcomed 4 new VII. Dans to „masters“ family and also 3 new VII. Dans were promoted. To gaining VIII. Dan we would like to congratulate to master Alexander Dunbar, Thomas Denis and Zbygniew Bujak. To VII. Dan were promoted Adam Alenowicz, Errol Bernard, Peter Logozar and Has Jorgen Helmersen.

As we are used to on events of Polish Taekwon-Do Association the organization level was very very high. And it could not be PTA if they did not prepare some surprise for participants. This time it was T-shirt for all participants of seminar. We would like to say big thanks to organizers of this event and we are looking forward next successful events.





CrossFight Strančice



From March school Taekwon-Do ITF Strančice offers something new. Something new for everybody who do not have so much time to study Taekwon-Do ITF with us. For them who do not manage afternoon exercise in fitness hall because of traveling to work. For them who do not want to sweat in airless sporthall. For them who want to increase their condition, to unwind, to tune their bodies up for summer, do something for themself and gain new energy.

What is CrossFight?

It is form of circuit training, it is functional outdoor exercise for men and women. And because we are trainers of martial arts (Taekwon-Do and kickbox), trainers of selfdefence, all exercises are based on fitness preparation to martial arts. In one exercise there are activated more muscular parties. It is mostly power and endurance exercise suitable for increasing condition and also nimbleness. It is not contact training. Strentening exercises are enriched with elements from martial sports.

More see there:

<https://www.facebook.com/crossfight.cz>
<https://www.facebook.com/crossfight.tkd>



Trainings with Irish team from IFSC Force Taekwon-Do school



Taekwon-do offers great gifts to everybody- the gift to learn techniques for self – defence, to improve our health and physical condition, to reach our goals and possibly to win medals in competition. And also the opportunity to meet new people. When Lenka Marsikova started Taekwon-do 25 years ago in Czech Republic she never thought that one day she would open up her own school IFSC Force Taekwon-do - not only that but in a different country to her homeland.

Today it is a club well respected in Ireland. It won the best school at RITA Irish Open in 2015 and they are going to participate in the World Cup in Hungary in October 2016.

This year they came up with a great idea- to visit the Czech Republic and of course do some Taekwon-training at the same time. So they contacted International Instructor Kamil Kolofik, Chairman of the technical committee in the Czech Republic and after much correspondence and emails the camp was prepared- accommodation in the Hotel Chateau Berchtold in Kunice, training in the sports hall of the elementary school in Kunice with some trips to Prague city centre, an Aqua park, and a barbecue all on the itinerary.

On arrival at Prague Airport in Ruzyně- the Irish group was welcomed by the President of the Czech National Taekwon-do Union Mr Viktor Stein, IV. Degree and Mr Kamil Kolofik IV Degree. After checking in to the beautiful Chateau Berchtold we enjoyed dinner together.

Next day our Irish friends set out on some sightseeing to historical Prague, accompanied by Jana Marsikova , the sister of Lenka Marsikova, who acted as medical doctor and tour guide.

They visited Prague Castle, St Vitus Cathedral, and Karmelitska street to see the famous Child of Prague statue.



Trainings with Irish IFSC Force Taekwon-Do school

Later that evening was the first group training. It was not easy after a day full of sightseeing. All trainings were led by John Moffitt and Lenka Maršíková. From the Czech group were present Kamil Kolofik, Viktor Stein, Lenka Kolofikova, Lucie Bohata, Eliska Hupcejova, Sara Podskalnikova, Daniela Richterova, Natalie Podskalnikova and Patricie Pokorna.

Next day was more sightseeing in Prague- Staromestke square, a cruise on the Vltava river, Parizska street and of course the Charles Bridge. In the evening there was a romantic stroll through Prague at night time.

Next training was on Sunday morning. It was full of funny games, sparring drills and practice of techniques and tuls. Sunday evening was more training which finished a little early because the Czechs had prepared a big barbecue for our Irish friends. It was a great success with traditional Czech meals, singing and a photo presentation. Many thanks to Robert and Lenka Pokorny for preparing it.

Next day- Monday- was water training in aquapark Aquapalace Cestlice. The Irish group enjoyed it greatly, because in Ireland there are not as many aquaparks as there are in Czech Republic.





Taekwon-Do school Strančice at competition in Holland

Trainers and competitors of Taekwon-Do ITF school Strančice were participated on prestigious international competition Holland Cup (from 18th to 19th June 2016) and gained some medals.

There were nearly 500 competitors. From Strančice set out this team:

Trainers Petra Výchopeň Bláhová, Tomáš Mácha, Josef Kubát, Jaroslav Urbánek and competitors Hana Máchová, Ivana Klečková, Lucie Trejbalová, Jan Fojtík, David Pačes and Adam Rojko.

Trainers in team with Hana Máchová gained silver medal in team category, where they were tightly defeated by Netherlands national team. Also other members of czech team gained precious metals – David Pačes gained bronze medal in tulls and silver medal in fight and Adam Rojko gained silver medal in tulls.

This year were participated on this competition 9 european countries and members of Japanese Taekwon-Do.

In huge competition was very hard to gain medal. But thanks to targeted preparation of our competitors we have achieved it.

Also trainers of Taekwon-Do ITF school Strančice make big effort to keep up with international level.

Participation on simile events would not be possible without financial gifts (Porta s.r.o. and M.Rojko – constructions) and support from the city Strančice. night time.





Summer Camp



Also this year we held summer camp. Under leading of four instructors and our favourite MD. Jana Maršíková there were 53 participants of camp. Instructors for this year were Jan Růžička, Viktor Stein, Kamil Kolofík a Lenka Kolofíková. As a technical supporter there was Mr. Robert Pokorný, who arranged for us connection with the rest of the world (taking photos, publishing everyday report etc.). The venue of event was in area surrounded by nice and deep forest.

We started slowly – welcome, registration, introductions and making flags. From the second day regular trainings were started. Training was twice a day and over it everybody could ask for individual training with instructors. Trainings under leading of instructor Kamil Kolofík were focused on basic techniques, its corrections and its practical use. Instructor Jan Růžička preferred a little bit more action trainings during which we did not have both legs on the floor in the same moment (jumps, flying, workouts etc.). And also funny training under leading of Lenka Kolofíková have to be mentioned during which we turned into animals or builders or cranks who do tulls in reverse.

It could not be right summer camp without many tournaments – in football, gagaball, throw-overball, dodge ball etc. To release from camp area where we knew every stone on ground, there were some trips in our schedule – trip to Orlik-damn to swim in it, whole day trip to Tábor city and two trips of orientation to surroundings villages. Innovation during this-year camp was „survival course“ which was leaded by instructor Viktor Stein – main task was to cook good gulash for whole group including also preparation of fireplace. Also we held exhibition for participants of other camps in area and it was prepared by Jan and Viktor. And last day we enjoyed paintball as last year.

Last training of this-year camp was under leading of Lenka and it was ended by „furious“ worm-war on football playground. And after last training there was just only night game. It was prepared by assistants Lucie a Sára.

Last day was reserved for packaging, goodbyes, tears and travelling home. We tidied up camp area and huts and giving children to back to parents. Everybody enjoyed our summer camp a lot and we are looking forward next year. Who will go with us?



Summer Camp of Taekwon-Do school Strančice



During the third week of July the Taekwon-Do school Strančice hold summer camp in South Bohemia near the town named Tábor.

We set out to well-known places, trainings were three-times every day except Wednesday (it was rest-day), but there was also enough time for fun.

Camp was focused especially to basic movements from tuls and its use in Prearranged sparring, free sparring and selfdefence.

Our trainings were mostly in nature and partly in sporthall, where we could use equipment for example to train fallings.

Outside training are also very important part of training, we tried basic movements on rough terrain, use outside surroundings in free sparring and selfdefence, trying falls without mats and also fresh summer air and its scent.

We did not forget to do some sightseeing and during our rest-day we set out to city Tábor, where we could admire picturesque architecture of old town and its peaceful atmosphere. For children there were many possibilities to enjoy summer delicacies as icecream.

It was really nice week, which ended very quickly so we could only look forward next summer camp in year 2017.





Attendance at polish Central summer camp



From 19th to 28th August summer camp of Lublin Taekwon-Do Club took place in Biala Podlaska. Camp took place in nice area of Physical education academy, so not only sport-halls were open for us but also swimming-pool and sauna were opened.

Also on this event of whole-europe importance the Czech National Taekwon-Do Union has its representative – chairman of Technical committee Mr. Kamil Kolofik. Training were divided into three group according to the technical grades and were leaded by well-knowned masters as Jerzy Jedut, Tadeusz Loboda, Jaroslaw Suska and others. There were two trainings a day but also there was possibility to ask for individual trainings (consultations).

There were representatives from 10 european countries (Belarus, Belgium, Cyprus, Finland, Czech Republic, France, Norway, Romania, Uzbekistan and of course Poland). Many thanks to polish club for inviting us to 21st year of their summer camp.



Taekwon-Do exhibitions of Strančice school



On Saturday 10th September were hold two exhibitions done by Taekwon-Do Strančice club. These two exhibitions were almost in the same time, so exhibition team had to divide. One exhibition was hold at Mnichovice square called Masarykovo where were run traditional Marians Carnival and second was during regional event called 13th Brewer's Feast in Kostelec nad Černými lesy.



All members meeting



On 21st September the All members meeting of Czech National Taekwon-Do Union took place in Brandýs nad Labem. The main aim of meeting was election of new Board of Directors members. After election we could say „Nothing has been changed.“ So again we would like to congratulate to old-new president of CzNTU Mr. Viktor Stein and his old-new Secretary Mrs. Monika Dobíhalová. We would like to wish them many successfully fulfilled tasks during next period. Other points of meeting were oncoming seminar with Master Jedut, legislation of CzNTU, competitions and many other important topics.



Indian summer in sign of Taekwon-Do



Saturday 24th September, The Summer Farewell took place in Velké Popovice, and it could not be without members of Taekwon-Do School Sparring Mnichovice's Demonstration Team. The weather was very nice – true Indian summer. Our students performed demonstration full of tulls, basic techniques, selfdefences and also some power breaking. The team comprising students Natálie Podskalníková, Daniela Richterová, Jiří Beneš, Zdeněk Lhotka and brothers Martin and Marek Bambas. They all were awesome and were awarded by hugh applause and admiration of all spectators. We would like to thank to organizers for their invitation and we are looking forward next meeting.





Gold medal for Czech Republic



12th -16th October 2016 Taekwon-Do school Sparring Mnichovice participated on world competition of the highest level in Taekwon-Do ITF – World Cup, which took place in Hungarian capital, Budapest. In really nice-prepared sporthall there were 4 competitors representing our school. The amount of competitors was 1852, they was from 63 countries all over the world. There were 117 cathegories to compete in.

Our competitors gave all the best from themselves so we are very proud for them. But we had a little bit of bad luck, because Daniela Richterová finished her Special techniques cathegory only one point bellow winner's podium. Eliška Hupcejová won one match in Pattern cathegory, but the competition was very hard so she was stopped by next competitor. Patricie Pokorná also did her best but in her cathegories were very good and experienced competitors so she did not gain medall too. The best performance was done by Ivana Bohatá, who won her cathegory in Special Techniques. She gained gold medal for Czech Republic, first czech medal ever in history of World Cup.

We would like to thank to all of our competitors for their very good representation of our club in world competition. Also we would like to thank to our supporters – municipal authorities of cities Mnichovice and Kunice – they have supported competitors living there.



National seminar with master Jedut



Another year is over and master Jerzy Jedut, VIII. Dan, accepted our invitation to lead our National seminar for the third time. Seminar was in two days and it had more than 50 participants.

Seminar started with funny warm-ups and then we start with fundamental movements. Techniques were gradually harder and harder as we went through single tulls. Training was variegated by some drills of techniques useful for competitions of sparring.

After very hard first day we set out with master Jedut to sightseeing and taking some photos to Prague. Master was interested in czech speciality named „Trdelník“, in english named „Chimney cake“. The czech name is for foreigners very hard to say, as same as for master Jedut. We have visited historical places as „Dusty Gate“, „Oldtown Square“, „Charles Bridge“, „National Theatre“ and „Wenceslas Square“. After we have returned from Prague we went to dinner to nice restaurant on palace Berchtold. During the dinner was also short meeting with headquarters of Czech National Taekwon-Do Union.

Second training day there were less people because it was for higher grades, especially for black belts, but there were also some red belt holder who are preparing for gradings. But afternoon stayed only black belts, because we did higher tulls till Sam-II. I have to mention „instant“ of workout before our loved Juche. Master demonstrate us that side kick is trully not easy technique and that there is about million ways how to strength needed muscles.

After last tull we could only to bow and say goodbye to our outstanding guest. Also this year we have prepared a small gift for master Jedut – small chocolates with photos of czech well-knowned and important places, calendar CzNTU to year 2017 and original glass pint with sandblasted logo of CzNTU.

We would like to thank to all participants for nice weekend with Taekwon-Do. Also huge thanks are for Elementary school Strančice, which let us use their nice sporthall and our sponsor MV Print who had produced calendars of CzNTU for each participant of seminar.



Training of Talented Youth of Taekwon-Do school Sparring



During whole this summer we have met to train more over regular trainings. Our effort had culminated in October on World cup competition in Budapest, where our team gained gold medal in special techniques. Not only in this discipline we could see improvement at our competitors performances.

It is obvious, that regular preparation make sense! And we gave things a bit of order, we have decided that we would meet regularly to practice. On Saturday, 19th November, after a long pause Sparring school held a proper training camp for talented youth. As venue we chose gym in Kunice. On this camp participated 20 students from white belt to I. Dan.

Camp was divided into three parts. The first part focused on sparrings. We started really from the beginning so we just train punch, and how to block it, stopping side kick and front kick. Participants greatly appreciated some strength workouts which are useful to strength the muscles needed for accurate, fast and strong performance of these kicks.

The second part was dedicated to Tulls. We almost did not practise whole tull, but we focused more on the problematic passages of them.

The last session was devoted to special techniques, but again we managed to only the very basics and Nopi Chagi and Twimyo yopcha jirugi. To kick Dollyo Chagi got only experienced competitors.

I think this was a very nice start to the new-old camp for talented youth. Now only endure, and results will surely come. In early December, we expect some competitions. Another camp is scheduled for the first weekend of next year in January 8th 2017. All pupils of all clubs CzNTU are invited.



Devils cup 2016



On 3rd December members of school Taekwondo Sparring Mnichovice represented CzNTU during competition held by school Sonkal Prague under leading of Master Ondřej Vrábek, VII.Dan.

Through all competition there was good atmosphere and we gained some medals. There were 5 competitors from our team and they went well through their matches. Jirka Beneš gained bronze from tull and matsogi as same as Martin Bambas. Daniela Richterová gained bronze from matsogi and Vendula Loušová won her matsogi category and gained gold medal.

All participants obtained Hell's certificate which will save them from infernal power for whole next year.

We would like to thank to organizers for invitation and very nice atmosphere.



Christmas Cup Strančice



On Saturday 10th December 2016 club Taekwon-Do Strančice held traditional Christmas Cup. This competition is focused especially to competitors-beginners. There were 84 competitors from the youngest (4 years) to seniors. It is everytime very joyful to see small competitors fight in their matches as bravely as they are on World Championship. Many thanks to organizers for holding so great competition for beginners. It was nice end of year 2016.



Czech National Taekwon-Do Union ITF Strategic Plan for year 2017



The plan of events for year 2017

Competitions

Czech Championship – 13th May 2017 Benátky nad Jizerou
European Cup – Lublin, Poland
Prešov Open – Slovakia
Black Belt cup – Austria
Czech Open – Czech Republic
Dolomia Italian Open – Italy, Legnano

Non-competitive events

Demonstrations – promotion of Taekwon-Do
Recruiting new students to our schools
Sportcamp with Irish team IFSC Force

Summer camp - July 2017

For members of CzNTU, one part of this summer camp is that our students do demonstration of Taekwon-Do for the public as part of promotion of Taekwon-Do in Czech Republic.

Weekend training camps

Extra trainings – it is mostly preparation of National team or international competitions

Courses and seminars

National seminar with master Jedut - November 2017
Attendance at polish Central Wintercamp 2017 in Szczyrk
National trainers and referees course April 2017
Regional seminars
Self-defence courses for children in Kindergartens
Attendance at polish Central Summercamp 2017 in Biala Podlaska

Grading

We are going to hold gradings to Kup and Dan.



The strategic plan of CzNTU 2017

Organization

Actualizing materials for members of CzNTU according to the newest findings in various branches – grading manual, referee manual, Manual for trainers.

Finance and marketing

1. Financial plan for 2017 (included budget for competitors, seminars etc.)
2. Control of outlays and resources of CzNTU
3. Put the stress for promotion of events and clubs (posters, commemoratives as pens etc. – cooperation with sponsors)
4. Actualization of materials for sponsors (what we can offer to them)
5. Periodically fill request for grants from municipals, ministries etc. – fund for National team , grant from Ministry of education and sports.

Communication

1. Straight communication with members – periodically actualization of website
2. Active using of social nets (mainly Facebook), maintain youtube-channel, Google+
3. Requests for registrations in national sports authorities – in year 2016 we requested for registration in ČUBU (Czech Union of Martial Arts) and ČUS (Czech Union of Sports), requests have not been accepted. In year 2017 we will send requests again and we will negotiate with them about including CzNTU to their organizations
4. ITF online for clubs was put fully into operation, we are preparing club's representatives for new online system announced on ITF congress



The strategic plan of CzNTU 2017

5. Informative support for trainers – sharing (eg. google+ or Download on website)
6. Make press releases to all events in Czech Republic and send them to AETF and ITF to publish
7. Publish bulletin periodically

Education and trainings

1. Prepare materials for trainers – recommendations, model trainings
2. Focus on teach trainer in various areas (pedagogy, work with children, fzyiology, legal system etc.)
3. Support for trainers in additional education (FTVS Prague, faculty in Olomouc etc.)
4. Organize course for trainers and competitors
5. Organize common trainings only for trainers and assistants – unification of techniques, information from IICs, consultation about leading trainings

Competitions

1. Organize extra trainings for talented students
2. Gain funds for talented students
3. Organize regional, national and open competitions, its presentation on website and in regional press
4. Make and maintain calendar of events
5. Promotion of competitions at AETF and ITF websites