

Annual report of national association of Taekwon-Do ITF 2017



Czech National Taekwon-Do Union ITF

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



Abouts

Czech National Taekwon-Do Union ITF

Varhulíkové 1582/24
Prague 7 ZIP 17000 Czech Republic
Company nr.: 26635861
Tax ID: CZ26635861
Registration: L 13917 Court Prague City

cnut@taekwondocz.com

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 8 clubs in total.

CzNTU has 6 international instructors authorized to hold gradings.

Further it has 3 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

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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 2017.

Board of directors:



President CzNTU - ITF:

Viktor Stein, International instructor IV. Degree

Contact:

tel: +420606551139

e-mail: president@taekwondocz.com



Secretary CzNTU - ITF:

Mrs. Monika Dobíhalová

Contact:

tel: +420733690075

e-mail: secretary@taekwondocz.com



Chairman of Technical committee CzNTU - ITF:

Ing. Kamil Kolofík, International instructor IV. Degree

Contact:

tel: +420732759451

e-mail: technical@taekwondocz.com



Assistant of Technical committee, Chairman of Communications committee CzNTU - ITF:

Mr. Robert Pokorný

Contact:

tel: +420603472117

e-mail: technical@taekwondocz.com

communications@itfczech.com

Plaques and fees 2017, annual report was presented

In January 2017, 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 2016 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



Grading time



Old year is over and we have new one – 2017. We have grading time again. First school where grading passed off was Taekwon-Do School Benátky nad Jizerou – the grading were hold at the end of year 2016, just before Christmass, on 22nd December. So many of students could enjoy new colour of their belt under Christmass tree.

Next school was Taekwon-Do School Sparring Mnichovice – club in Velké Popovice did their grading on 19th January and club in Čerčany did it on 6th February.

The last club was CzNTU's youngest club in Zaječice. They had grading on the last day of February. Also Taekwon-Do School Strančice passed their grading off on 28th February. We are very pleased with high level of student's performances during grading.



Center of talented youth (STM)



Also in this year we are continuing with work with talented youth we started in last year. This year we have two meetings to improve skills in sport disciplines Taekwon-Do. First of our meetings was on 8th January and second one was on 5th February.

From 70 members of Taekwon-Do school Sparring, 25 students visit regularly our meetings. Most of them are children under 15 year, few are juniors and also we have there some senior competitors.

The main filling of our trainings are drills to combats, basic techniques to tulls and also special techniques. Trainings are prepared by experienced International Instructors Viktor Stein and Kamil Kolofík, both IV. Dan. Kamil Kolofík is regularly visiting foreign seminars, where he draw many experiences and many new drills to prepare competitors to tulls and combats. This new drills you can see during trainings of STM. Viktor Stein prepares mainly drills to training special techniques, he draw from his many years' experiences as trainer of national team members in this discipline.

Center of talented youth brings its first results – our 4-member team who started on Slovak Nitra Cup gained 6 medals. We trust that we will gain more medals on European Cup in Polish Lublin, where we are going to go in June.



Exhibitions in Central Bohemia



During last week of February Demo-team of Taekwon-Do school Sparring had two interesting performances on cultural events in Central Bohemia. At Friday 24th February they attended on traditional Graduate's ball of School of Handicrafts Kunice. On this performance were these students – Kamil Kolofík, Sára and Natálie Podskalníková, Patricie Pokorná, Eliška Hupcejová, Martin and Marek Bambas, Vendula Loušová and Jiří Beneš.

Immediately next day we had second performance on 7th Šešovický masopust (Shrovetide), it was performance in the open air. This time we had only five-members team - Kamil Kolofík, Sára and Natálie Podskalníkovi, Patricie Pokorná and Eliška Hupcejová.

Both performances were very well appreciated by spectators. Lot of thanks to all members of our Demo-team for their performances and to organizers for their invitations to very well prepared events. We are looking forward to next cooperation.



Nitra cup 2017



On Friday 3rd March 2017 our team set out to 11th Nitra Cup to Slovakia. This time members of our team were: instructors Viktor Stein and Kamil Kolofík and competitors Lucie Bohatá, Eliška Hupcejová, Jiří Beneš and Ivana Bohatá.

We arrived to ABC Transmotel in Nitra around 6 p.m., we did registration and checked weight. Next day we went to sporthall. As first we had to do some warm-up and repeat Tulls. First of our competitors was Lucie – she did her performance very well but including one moment of un-stability (may be thanks to nervousness) so her opponent won. Next competitor was Jiří. He performed great performance and gained silver medal from his category. Next one was Ivana, who gained bronze medal. After long waiting also Eliška started in her category, but she made big mistake so she lost.

During afternoon our competitors started in categories Matsogi. First was Jiří, he was very brave and precise so he gained gold medal. Ivana did not have so much luck so she lost one fight so she gained bronze medal. Eliška and Lucie were in the same category. They both won her first matches but in following matches they both lost so they gained bronze medal.

Many thanks to all of our competitors for their performances on Nitra cup and also to our coach Viktor Stein for his work. And special thank to Kamil Kolofík, who did role of referee during this event.



Seminar of selfdefence and essentials of safe-behaviour for children and adults



Taekwon-Do school Strančice organized seminar focused to use of fundamental techniques in selfdefence on 11th March 2017. Whole seminar was under leading of trainers Tomáš Mácha, IV. Dan, Josef Kubát, III. Dan and Petra V. Bláhová, II. Dan.

Our school invited also students from other Taekwon-do clubs, so we welcomed students from Sparring Mnichovice and Taekwon-Do Benátky nad Jizerou.

We focused to these punches, kicks, blocks and bars which can be used in real selfdefence.

During seminar we also tried fundamental techniques of falling and essentials of fight on floor. All was linded with theoretical preparation – law aspects of selfdefence and especially for our youngest students rules of safe-behaviour – safe distance, communication with strange people, important phone numbers etc. With children we worked in form of game.

At the end of seminar participants could try all techniques in model situations with worsened conditions.

We would like to thank to all participants and we are looking forward to continuation on next consequential seminar.

On behalf of Taekwon-Do Strančice School, International Instructor MgA. Tomáš Mácha, IV. Dan



New International instructors in Czech Republic



During weekend 1st – 2nd April two members of Czech National Taekwon-Do Union from Taekwon-Do school Strančice participated on technical seminar with Grandmaster Paul Weiler, IX. Dan, in belgian city Lokeren. Before the seminar Josef Kubát and Pavel Kupr (both III. Dan) got sweaty and under leading of other icon of Taekwon-Do Master Frank Van Berghen, VIII. Dan, they succesfully passed exams for IV. Dan. Now it is 2 months later and both guys already obtained their certificates from hands of Chairman of Technical Committee CzNTU Kamil Kolofík, IV. Dan. So guys – Welcome to Taekwon-Do instructors family, we wish you more and more succeses.



School TKD Sparring Mnichovice practising Dallyon



At weekend 8th – 9th April group of students from TKD school Sparring set out to weekend trip to area called Český kras. At Friday we arrived to nice pension „U Lva“ in village Srbsko, which is situated on bank of Berounka river. Second day we started with abundant breakfast and after it we transfer by cars to near village Svatý Jan pod Skalou (St. John under Rock). As first we visited monastic chapel including prayer cave of St. Ivan. Then we had to climb onto crag, on top of rock there is amazing cross, which is protecting the village under rock. There was really awesome view to wide landscape. Saturdays weather was cloudy but without rain, so it was ideal weather for walking trip. Our next break was in geological expo of Český kras and in Mining open-air museum named „Solvayovy lomy“. Another break was in village Bubovice because it was time to eat some delicious lunch. And then we started way back to St. John. Our whole day walking trip was about 8 kilometres long. After good dinner we made one more small walk to granite quarry Alkazar on the bank of Berounka river.

Sunday was day for longer walking trip (it was about 16 kilometres) to see very well knowned quarries which are situated in the landscape of Český kras. As first we went to quarry named „Na Chlumu“. Then we went to area where we have visited quarries Soví ráj (Owl's Paradise), Malá Amerika (Small America), Kanada (Canada), Mexiko (Mexico, which is also knowned as „Quarry of Political Detainees) and as last Velká Amerika (Big America). After visit of quarries we had lunch break in village Mořina. And after lunch there was only a way back to pension and then to our homes.



Trainings with Irish Taekwon-Do IFSC Force



This year weekend camp was a little bit more spontaneous than last year. Unfortunately not all members of Irish expedition had been successful in buying flight tickets to the same term, so they arrived in few groups. As first arrived Cathy on Wednesday followed by Leonardo in Thursday. On Friday we welcomed the biggest group including Michael, Shirley, Alex, Jordan and his parents under leading of most important people – trainers Lenka Maršíková and John Moffit, both IV. Degree. The last one who have arrived were Sam with his wife Anita and children Aron and Luke, they arrived to Saturday's training.

Friday evening was held first training in Čerčany sport hall. It was focused to sparring and tull. After favourite warm-up games we have devoted to sparring drills. These drills have guided us through whole training camp and became step by step more harder. Lenka as trainer had higher and higher demands on camp participants, she added new techniques so the difficulty of combinations had risen. Last third of Friday session we tried to improve our Tulls – this part was under leading of Czech instructor Kamil Kolofík, IV. Degree.



Trainings with Irish Taekwon-Do IFSC Force

During both Saturday's training sessions we devoted to sparring again. Time between training session was for our Irish friends time to do some sightseeing – they visited Castle Konopiště, which is not so far from Čerčany. They brought back a lot of new energy to use it during next training. At the last part of evening session we did also some drills to make our Special Techniques better. Lenka Maršíková had many successes from international competitions, so we gained many usefull advices, tips and hints how to improve our techniques and push our performance to higher level.

Last training day was Monday – it was time to recapitulate what we did last days. This day we worked on all Taekwon-do sport cathegories – sparring, tulls, special techniques and also power braking. We were divided to two groups. First one tried Special Techniques with Lenka, and the second practised Tulls under leading of Kamil. After short lunch brake we have continued again divided in same groups. Lenka showed us some new drills to Sparring and our youth did they best to gain praise from her, so they worked very hard and constientiously. Also next of our czech instructors became involved in trainings – Viktor Stein (IV. Degree, President of CzNTU) teach us about Power braking. The rest of afternoon our Irish friends spent in Aquapark in Čestlice, where they could relax after very hard weekend.

Participation of czech members was not same at all trainings – not all terms suited to each of us. From Czech Republic there was participated 21 people from three clubs (Sparring Mnichovice, TKD Strančice and TKD Pečky). From Irish IFSC Force school there were 14 participants.

Tuesday was full of relax – it was the best time for sightseeing. We have prepared whole-day trip to Kutná hora for our Irish coleagues. We have visited Temple of Assumption of Virgin Mary and Charnel House in Sedlec. Then we moved more to the centre of Kutná Hora to visit Temple of St. Barbara and Underground silver mine named „Osel“.

We would like to thank for amazing weekend spent with our frinds and Taekwon-Do. We are looking for next cooperation with IFSC Force school.



Open Czech Taekwon-Do ITF Championship 2017



Today is Saturday 13th May 2017, 7 a. m. The sport-hall in Benátky's Elementary School is open just now and we start to move and prepare all equipment needed for Open Czech Taekwon-Do ITF Championship 2017. We are completing rings, special techniques and power breaking equipments, desks for referees, connecting up electronic scoring solution and all other things needed to start our next championship . Now it is 8 o'clock and we start to do registration – it is work for our great girls Monika Dobíhalová, Lenka Kolofíková a Jana Maršíková. At 9,45 is registration done including some changes in categories so we can start with Referee and coach meeting. Our Referee director is delegating referees to rings and at 10 o'clock are all participants prepared to Opening ceremony. After short speech of organizer – Jan Růžička, trainer of Benátky's TKD club, III. Dan – we start with first categories. We have 72 categories with participation of 162 competitors. This year is special for all of us, because it is first time to use our own electronic scoring solution, which helps us with records about each match and it is also help for competitors and spectators, because on big screens they can see which category and competitor is in the ring – lot of thanks to our Technical committee. After noon we start with medal ceremonies – everytime it is gratifying feeling to see smiles on winner's faces. After 1 p. m. starts first matsogi category, tulls and special techniques categories are done completly and power breaking categories are just before their end. Evening is approaching, at 7 p. m. we are awarding last medals and it is for awarding best competitors –



Open Czech Taekwon-Do ITF Championship 2017

Best child male is Jiří Beneš, Best child female is Vendula Loušová (both Sparring Mnichovice), Best junior male is Herbert Kindl, Best junior female is Tereza Štekerová (both Sonkal Praha), Best senior male is Tomáš Mácha (TKD Strančice) and Best senior female is Tereza Žilinská (Sonkal Praha). All of them have to gain at least two gold medals, so it was really hard to get this title this year.

We have to say many thanks to all participants, competitors, parents, spectators, trainers, referees, organizers from Benátky's club for their hard work not only before the championship but also during whole event. We have to thank to all of our partners and sponsors and also to all TKD schools participated on championship. The championship ran well and we are looking forward to next year.





Sonkal Open



On Saturday 27th May team from TKD school Sparring participated on championship Sonkal Open, organized by Český svaz Taekwon-Do ITF. For most of our competitors it was next and also last chance to check out their readiness to oncoming European Cup in polish Lublin.

Our competitors were: Jakub Roubal, Lucie Bohatá, Daniela Richterová, Jiří Benš, Vendula Loušová, Eliška Hupcejová and Ivana Bohatá.

There were 280 participants from 19 Czech and 2 Slovak clubs. Competition was very hard but our team was in good shape so we gained 5 medals. Best of our team was Jiří Beneš who got silver medal in tull and also in matsogi, Vendula and Daniela got silver medal in matsogi and Ivana got bronze also in matsogi.

It was good weekend for us so we are very happy for medals and we are looking forward next competitions to become better and better...



Final training session with Talented Youth before European Cup



One day after championship Sonkal Open, on Sunday 28th May, our team of competitors from Sparring Mnichovice did our last training session to increase shape before European Cup in Lublin.

Untraditionally we met at the end of weekend – Sunday afternoon, to do 4 hours training. After inseparable warm-up and stretching we started with some drills to sparring. Core of this training was in side-kick and how to defend after it. We tried many of its variants: in move to front, back, with and also without slide, serie of kicks etc. After lot of time with Yopcha we made short break and started with techniques from tulls.

We had our tatami in gym to adapt to this surface. After some basic techniques and problematic parts of tulls we tried complete tulls – this time as competition between two competitors as it will be during EC. Last part of session was about tactic during sparring, how to move in ring.

On all of our competitors we can see hugh step forward, not only in physical condition and techniques but also in psyche – they start to trust themselves and that is what we need before so important competition as EC is. We are looking forward their performance in Poland.



Weekend training camp of TKD school Strančice



For our club, this year's May and June are more stuffed than in previous years. After competitions Best of Best and Czech Open Championship in Benátky nad Jizerou we had a training camp during the first weekend of June – it was to increase shape to European Cup and International Children Cup in Polish city Lublin. There were 40 of our members who participated on camp. City Lounovice pod Blaníkem was a new destination for us, a new experience. Our visions were fulfilled and everyone enjoyed trainings on our new tatami on a roofed terrace. It was great to do exercises on fresh air during very hot sunny days or in rainy time and also during dusk. Also there were early morning exercises in the forest and afternoon relax in pool. Competitors trying to increase their skills, grading applicants repaired some wrong techniques, newcomers learned new tuls, adults tried functional exercise CrossFit – just many new experiences.

Just to go through gradings successfully and a calmer end of sport-season will come. With many of our students we will meet during the first August weekend on our summer camp and in September we will be looking forward to new members who will enlarge our team!

Have a funny summer!

Trainers of TKD school Strančice



CzNTU representatives on European Cup, Lublin



Second weekend of June was for many of us in sign of European Cup which was held in Polish city Lublin. There were 749 competitors from 24 countries participated on it. From Czech Republic members of clubs Sparring Mnichovice and TKD Strančice set out to represent CzNTU. Moreover there were members of TKD club Karviná.

Club Sparring Mnichovice gained 3 bronze medals, all were from sparring discipline and holders are Martin Bambas, Jakub Roubal and Ivana Bohatá. Great success for us was also advancing in tulls for Martin Bambas.

Club TKD Strančice gained two bronze medals, both from sparring discipline. Holders are David Pačes and Adam Rojko. We can not forget to advancing in tulls for Rozálie Pačesová and David Pačes.

Club from Karviná gained two silver medals – first was for Klára Šebestová in sparring and second for Dalibor Pantlík in Tull.

We would like to say huge thanks to all of organizers and referees. All of us – competitors, coaches, trainers - enjoyed this EC superbly.



Summer camp of TKD school Sparring



61 children from 6 TKD schools, 6 instructors, 2 medics and 12 parents who have visited us – these are numbers of Summer camp 2017 which took 2 weeks nearby nice city Písek in South-Bohemia.

Leader of whole event was as traditionally International instructor Viktor Stein, IV. Dan. For children were prepared 3 trainings a day – morning training for all, afternoon training for competitors and evening individual training (for them who wanted to do grading).

Morning trainings were under leading of our amazing instructors – Int. inst. Kamil Kolofík IV. Dan, Jan Růžička III. Dan and Ondřej Růžička II. Dan. Morning exercise was prepared by our medic and also competitor Ivana Bohatá.

Who did not participated on afternoon competitors training, could play various games (each day was another one) – football, throw-ball, volleyball, dodge ball, gaga ball and many sport games as worm war or big assault course.

We also did two trips to surroundings, first time it was as game of orientation and second time was whole day trip to city Písek. Last day of camp there was traditional night game – all kids survived it and all got some sweet reward.

We would like to thank to owner of area Táborý OKO for his invitation, to all of our instructor and assistants for their patience during trainings and also to amazing lady-doctor Jana Maršíková and medic Ivana Bohatá for their care about all of us.

See you next year in area - Camp Tesla, Horní Bradlo



Summer camp of TKD school Strančice



It was during first week of August in sportcenter Borotín u Tábora where 40 of our students (all ages, all grades) focused on improving their techniques and on Taekwon-Do tenets. All, adults and also children, familiarize with scholar Yi I alias Yul-Gok, who they symbolically met during night game. There were 4 teams who fought till the end of game. Thanks to friendship and team-spirit all of them were winners. We also tried alternative ways of training – in forrest or in watter. Under leading of lady doctor we participated on first aid seminar. At the end of camp some students passed exams to higher grades. We are looking forward next year.



Exhibition in Velké Popovice



On 16th September traditional summer goodbyes was held. School Taekwon-Do Sparring members participated on it as in few last years and despite the rain showed short exhibition of Taekwon-Do – tulls, sparrings, some special techniques and breaking and also self-defence. As reward from local blacksmith we get good luck horse-shoe at oncoming World Championship in Ireland.



National seminar with Grandmaster Paul Weiler IX. Dan



During weekend 16th-17th September, instructor from Taekwon-Do school Strančice participated on seminar with Grandmaster Paul Weiler, IX. Dan, senior vice-president ITF.

Seminar was organized by Czech Taekwon-Do Federation (led by master Vladimír Machota, VII. Dan) and was devised as technical seminar focused on tulls and basic techniques.

Participation on suchlike events with leaders and let say legends of Taekwon-Do ITF is everytime very benefical and enriching. It is base for trainers and members to stay in touch with world Taekwon-Do and its newest evolution. It is base for increase in quality of trainings and technical level of developement of Taekwon-Do in Czech Republic.

Alongside this our target is to make and keep cooperation and good relationship between two organizations in Czech Republic (Czech National Taekwon-Do Union and Czech Taekwon-Do Federation). Suchlike events could help to two-way enriching, developement and increasing of quality level of czech Taekwon-Do.

We would like to thank to organizers and looking forward next cooperation, maybe in November, when Master Jerzy Jedut, VIII. Dan, will lead national seminar organized by CzNTU.



World Championship Dublin



From 9th to 15th October czech team set out to official World Championship. Czech National Taekwon-Do Union had 4 representatives there – Jakub Roubal and Lucie Bohatá (both I. Dan) from club Sparring Mnichovice as competitors and Kamil Kolofík and Viktor Stein as coaches and officials. Despite the fact that we did not gain medal, we gained a lot of new experiences. We saw huge improvement in Jakub's performance during his sparring with Argentinian competitor. Their match looked with favor on Jakub's side, but at the end Jakub lost lead. We would like to wish to both of our competitors endurance and application to future – we trust that it will be appreciated by success.



Weekend camp of Taekwon-Do school Ge-Baek Mladá Boleslav



On weekend 20th – 21st October our friendly school organized training camp for its students in Stráž pod Ralskem. We had been invited to join to our friends and train with them.

Many thanks to Zdeněk Vavruška to invitation. From CzNTU invitation was accepted by trainer from school TKD Sparring, Ivana Bohatá and instructor from TKD school Lions, Kamil Kolofík.

First training started on Friday at 5 p.m. with football match as usually. After it we did stretching thoroughly and started with training of special techniques. Saturday we did many drills and combinations to sparrings. At the end we went through our highest tulls. After whole-day physical (and also mental) strain we enjoyed well-deserved pool and sauna.

Sunday we did recap of all tried techniques, their combinations and basic drills. After lunch was end of this nice event and we went home.

Once we would like to invitation and chance to meet our friends from Ge-Baek. We will be looking forward next common events...



National seminar with Master Jerzy Jedut



This year it was 4th year of one of our biggest Taekwon-Do events – National seminar under leading of legend of Taekwon-Do, Master Jerzy Jedut, VIII. Dan (long-time trainer of polish national team, president of Polish Taekwon-Do Association and AETF general secretary). During weekend 11th – 12th November we could again meet a lot of our Taekwon-Do friends in nice sporthall of Elementary school in Strančice.

Saturday morning there were more than 70 participants of all belts were looking forward Master Jedut. Morning part was started with lot of games and sparring drills. After it we start with corrections of basic techniques and movements, because you have to lay strong foundations before you start to build a house. So as next we tried to put corrected movements into tulls.

Morning part was closed by short photo session and certificates handing over, because some lower grades went home after this first part. Afternoon we continued in trying to do better higher and higher tulls. As last in this long afternoon session we did Hwarang tull.

At evening Master met trainers of CzNTU's clubs in nice restaurant of Hotel Oáza. There were a lot of questions about Sunday gradings and also some questions about last World Cup in Lublin – trainers have prepared videos from their competitors and consulted with Master what should they do better next time.

On Sunday it seemed to be very sad atmospere there, because of quantity of black belts, but it was completely in the opposite way – it was very funny. We were looking forward to 7 hours of training, so it was 7 hours of not only physical effort but also effort for our brains. And you know that mental effort could be more exhausting that the physical one. But Master was prepared to this fact, so he put many „relax“ exercises, when we could turn our mind off and have fun. Still and all at the end of seminar you could see tiredness on all of us. Person who participated on seminar both days (Saturday and Sunday) spent in gym 15 hours – so we feel respect to all of them.

After last Taekwon, chairman of technical committee, Kamil Kolofík, IV. Dan, gave small present to Master Jedut as our thanks for his time, advices and commets, which pushed us little bit closer to our Taekwon-Do goals.



National seminar with Master Jerzy Jedut

But it was not end – after seminar there were black belts grading – we had two applicants for III. Dan and one for I. Dan. Gradings took more than one hour and it was not easy to pass it. All examined had to perform several tulls, many of basic techniques and their application in sparrings and some self-defences (some of them was very well performed, so lifelike). There were also special techniques and boards breaking (power test) and as last some theory questions. I have to highlight admirable performance of Jakub Zemanec from Taekwon-Do school Benátky nad Jizerou. He demonstrated to us his indomitable spirit, perserverance and great extent of self-control when he did power test and difficult theory questions with broken big toe after one of special techniques - he refused to end his gradings prematurely. All of applicants passed the exam so we are honoured to introduce you new III. Dan holders – trainer of Strančice club Petra Výchopeň Bláhová and trainer of Benátky club Ondřej Růžička. Also we want to welcome new member of black belt family – Jakub Zemanec (we wish him speedy recovery).

And what to say at the end? We trust that everybody took many new informations, corrected techniques and ideas how to diversity his next exercise. Our big thank is for trainer of Sonkal school, Mr. Ondřej Vrábel, VI. Dan, for translating during whole seminar. Also we say lot of thanks to all who helped us with organization of seminar and to all participants for their attention.

See you all on next year...





Medals from Austria



Homecoming of members of Taekwon-Do club Strančice from austrian Black Belt Cup was accompanied by loud clinking. Team made by 8 competitors and two trainers (Petra Bláhová and Tomáš Mácha) brought from Sankt Pölten 13 medals (2 gold, 3 silver, 8 bronze). In competition of nearly 200 competitors stacked up superbly not only experienced delegates of our school (Rozálie and David Pačes, Adam Rojko), but also novices (Vojta Malý, Daniel Škvor, Filip Jiříčný, Klára Klečková and Tomáš Brückner). They gained medals and also lot of highly-valued experiences.

From all czech schools participated on the competition was our school the best. We had competitors in all 4 categories – patterns, matsogi, special techniques, power test). For us was big surprise the bronze medal for our cadet Klára Klečková in special techniques, where she had to compete with juniors. Klára and Rozálie are worthy of exceptional compliment for matsogi, where they compete with greatly heavier opponents. New experiences has also our long-time competitor Samuel Pasler, who was this time in role of referee.

In behalf of Taekwon-Do school Strančice, Tomáš Mácha (IV. Dan), Hana Máchová (I. Dan) and Petra Bláhová (III. Dan)



Special training



26th November morning, special training of Taekwon-Do school Sparring was organized in gym of Elementary school in Mnichovice.

Primary filling of this training were special techniques (in jump) which we do not do so frequently on common trainings, but they are inseparable part of Taekwon-Do composition. It was no easy techniques in jump, but our students had to manage two or more techniques. As next we tried self-defence against more than one opponents.

At the last part of three-hour training session we managed some self-defences and basic sparrings. Let hope that this training will help to our students during oncoming gradings.



International course Taekwondix 2017



At 1st December we set out to polish city Wroclaw to participate on seminar Taekwondix organized by Polish Taekwon-Do Association. Leader of seminar was as usually Andzej Undro, author of Taekwondix systém. There were 96 participants from 9 countries (we had there two participants from Czech Republic – Kamil Kolofík, IV Dan, instructor of TKD school Lions and Ivana Bohatá, trainer in TKD school Sparring). During morning part we could try various excersises for coordination, fast reactions and balance with requisites as footboards, balls, cardboard boxes etc. One part was also circuit training with few stands, we could try rubber equipment – rubber ropes to leg strenghtening, fittnes gum in tulls or during doing punch. After lunchbreak we continued in fun – many warm-up games with luminous swords or lasers – it looks like during „Star Wars“ battle. We all went back to children´s age so we played in air castle, jumped on trampoline or dangled on ropes as Tarzan. There were also collective games focused to Taekwon-Do theory.

After first day of seminar we went to do some sighseeing to center of Wroclaw, we tried to find some of fabled „wroclaw´s dwarfs“. We found only two from total 300.

Sunday was also full of new excersises and funny games. We gained a lot of inspiration to nimbleness, speed and reaction excersises, which funny way will be surely appreciated by kids.



Black belt promotion



On second advent Sunday TKD school Sparring Mnichovice held grading.

For students were prepared many hard and maybe also awkward tasks. Promotion took 3 hours, all students got all sweaty. All of them did their best, we could see that they prepared for this day thoroughly.

We would like to congratulate to all of them and welcome new black belts holders...





Devil's cup



9th December morning team of TKD school Sparring set out to Devil's Cup organized by TKD school Sonkal Praha. Under leading of instructor Viktor Stein competed our 6 competitors who gained 7 medals in total. Jakub Roubal has silver in tull cathegory and silver in sparring, Jiří Beneš has bronze in tulls and gold in sparring. Vendula Loušová and Jakub Kalous have bronze in sparring. Many thanks to our competitors for excellent representation. We also thanks to Lucie Bohatá and Jakub Roubal for their work as referees. Competition was very well organized. Maybe nobody was mischievous through all year so devils presented on event gone with their sacks empty. We are looking forward next year and we promise to be well-behaved all year.



St. Nicholas Cup



On second Saturday of December part of our team set out to St. Nicholas Cup organised by TKD school Ge-Baek Mladá Boleslav. In our team were 4 competitors (Jirka Beneš, Martin Bambas, Vendy Loušová a Ivana Bohatá), referee Kamil Kolofík and photographer Leo Bambas. In total there were 110 competitors. As special surprise was that medals were handed over by St. Nicholas, Devil and Angel. In full categories all of our competitors gained silver medals. In sparring Vendy beat all her opponents, so she gained gold medal. Martin and Jirka fought bravely and they both gained bronze in their categories. Ivana gained silver medal in her sparring. Many thanks to organizers for their invitation.



Christmass Cup



On Saturday 9th December in Sporthall of Sokol Strančice was organized traditional 7. year of Christmass Cup by TKD school Strančice. They built great organizing team (trainers, active and also former members) to prepare sporthall to be able to welcome competitors, parents, spectators and invited friendly clubs. At 10 a.m. we started competition officialy. We all tried to make friendly atmosphere, support competitors and motivate novices. We hope we did this job well...

We would like to congratulate to all competitors, especialy to them who got their first medals. Because it is purpose of this competition – to help novices to do their first steps on competition, to teach them how to behave during competition, to motivate them to start compete on bigger events...



Grading time



The second half of year 2017 was very rich in gradings in CzNTU's clubs. There were gradings during both summer camps – in July it was summer camp of TKD school Sparring and summer camp of TKD school Strančice in August. Next grading was during National Seminar under leading of Master Jerzy Jedut VIII. Dan in November – there were promoted three people – one of them to I. Dan and two to III. Dan. This grading was very hard for applicants but all of them passed it.

More there were another grading in clubs in November. It was in Benátky nad Jizerou, Kunice and Čerčany. Next two gradings were in Strančice (12th December) and in Mnichovice (10th December). In Mnichovice were promoted applicants to higher colour belts and four new black belts.

If we would like to do summary of all year 2017 – there were 13 grading sessions, we have two new IV. Dan, two III. Dan, five I. Dan and over than 200 promoted colour belts.



Czech National Taekwon-Do Union is growing!



As like as parents joyfully announce arrival of newborns to their family, we want to announce that our clubs family grewed again this year. And right three-times.

In spring, under leading of instructor Tomáš Mácha, IV. Dan, new club was open in gym of Elementary school Světice.

From June runs new, already the fourth, club of school Sparring, which you can visit in gym of Elementary school T. G. Masaryka, Mnichovice. Trainers in this club are long-time members of school Sparring: Ivana (2nd Kup) and Lucie Bohatá (I. Dan) and Jakub Roubal (I. Dan).

And the youngest one „baby“ in this year is new school, which has it's residence in beautiful spa-town Poděbrady – Taekwon-Do Lions. Trainings for this school are prepared by international instructors Lenka and Kamil Kolofík (both IV. Dan).

To all of our „newborns“, we wish plenty of new members, many successes and lot of perserverance, because we know that every start used to be hard.



Czech National Taekwon-Do Union ITF Strategic Plan for year 2018



The plan of events for year 2018

Competitions

Czech Championship – 19th May 2018 Benátky nad Jizerou

European Championship – Maribor, Slovenia

Nitra cup – Nitra, Slovakia

Black Belt cup – Austria

Czech Open – Nymburk, Czech Republic

World Cup – Sydney, Australia

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 to international competitions

Courses and seminars

National seminar with master Jedut - November 2018

Attendance at polish Central Wintercamp 2018 in Szczyrk

National trainers and referees course April 2018

Regional seminars

Self-defence courses for children in Kindergartens and Elementary schools

Attendance at polish Central Summercamp 2018 in Biala Podlaska

Grading

We are going to hold gradings to Kup and Dan.



The strategic plan of CzNTU 2018

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 2018 (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 2017 we requested for registration in ČUBU (Czech Union of Martial Arts) and ČUS (Czech Union of Sports), requests have not been accepted. In year 2018 we will send requests again and we will negotiate with them about including CzNTU to their organizations



The strategic plan of CzNTU 2017

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

Education and trainings

1. Prepare materials for trainers – recommendations, model trainings
2. Focus on teaching trainers in various areas (pedagogy, work with children, fyziology, 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