

# Annual report of national association of Taekwon-Do ITF 2018



Czech National Taekwon-Do Union ITF



[www.taekwondocz.com](http://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](mailto: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 4 instructors with 2nd level of national trainer licence and 8 assistants with 3rd level of national trainer licence and 2 assistants with 4th level of national trainer licence. Its activity is focused mainly to children and teen-agers. Mainly we organize summer camps, 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](http://www.taekwondocz.com) | [www.itfczech.com](http://www.itfczech.com)

[You Tube](#)

[Facebook](#)

[Google+](#)

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](mailto:president@taekwondocz.com)



### **Secretary CzNTU - ITF:**

Mrs. Monika Dobíhalová

Contact:

tel: +420733690075

e-mail: [secretary@taekwondocz.com](mailto:secretary@taekwondocz.com)



### **Chairman of Technical committee CzNTU - ITF:**

Ing. Kamil Kolofík, International instructor V. Degree

Contact:

tel: +420732759451

e-mail: [technical@taekwondocz.com](mailto:technical@taekwondocz.com)



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

Mr. Robert Pokorný

Contact:

tel: +420603472117

e-mail: [technical@taekwondocz.com](mailto:technical@taekwondocz.com)

[communications@itfczech.com](mailto:communications@itfczech.com)

## Plaques and fees 2018, annual report

In January 2018, member fees for Czech Republic's NA Czech National Taekwon-Do Union were paid memberfees for ITF and AETF.

The annual report of the year 2017 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

<b>ID</b>	<b>First, Last Name</b>	<b>Plaque number</b>
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
500822	Jakub Roubal	610681
516495	Hana Scharffová	610683
513932	Jakub Zemanec	610682



## Exhibition of self-defense for students of elementary school in Poděbrady



On the 6<sup>th</sup> February we organized demo lessons of self-defense in the base gym of the Taekwon-Do Lions club in elementary school of T.G. Masaryk.

Big thanks to International instructor Viktor Stein, IV. Dan, trainer of the Taekwon-Do Sparring Mnichovice for guiding through the whole day. We also have to give thanks to his students of Čerčany club – Jiří Beneš, I. Dan, Vendula Loušová, 2. Kup, Martin Bambas, 2. Kup and Marek Bambas, 5. Kup for their assistance in these lessons.

Ten classes of the elementary school students have participated in the lessons during the day. In their lesson each group learnt few things about prevention of dangerous situations and principles of safe behavior of children in the real environment of the cities. After explanation and demonstration of some self-defense techniques, the students could try to perform them by themselves. They tried getting out of arm grab, neck grab and body grab. During their practicing, the students were advised by already mentioned assistants and also trainer of the Lions school, Kamil Kolofík, IV. Dan, the organizer of the event.

After the self-defense practice the students were taught how to properly make a fist and how to perform basic punch and kick. The students could try executing both these easy techniques on kick shields under the supervision of our instructors.

At the end of the lesson the students learnt essential information about Taekwon-Do in the world of sport.

I believe, that although we were under constant pressure of time, we helped the children to understand such a complex subject and to make their environment safer.



## Preparing for the European Championship and the Championship of Czech Republic



Since autumn are our representatives of Taekwon-Do Sparring Mnichovice club preparing for the European Championship in Maribor. Apart of those trainings "Training of talented youth" took place twice, where wider selection of representatives practiced for the Championship of Czech Republic, which will be held in Benátky nad Jizerou on the 19<sup>th</sup> of May.

First training session happened at the beginning of March. A three-hour training was split into three stages. In the first stage the trainees practiced kicks in movement and exercises in pairs for combinations of kicks and punches. After a short break the second stage began. This one was given to tulls and training of more complex techniques where students had to not only use their arms and legs, but also give a thought to their moves. The final stage was about rehearsing and perfecting special techniques.

We met for the second time on the last weekend of March. During the first lesson we practiced duel combinations on kick-shields and later with sparring partner. After the much-needed rest tulls came up. In the last part we trained their high-potential for special techniques. At the end of the lesson we revised tulls and then headed home.

Thanks to all the attendants, we are looking forward for our next meeting which is already set on the second weekend of April.



## Strančice training camp



We spent the first week of February in a training camp.

January passed quickly and apart of ten training lessons in one month we, the trainers, were preparing a weekend training camp. We wanted to make it something new and different opposed to previous years. That's why we equipped the basketball gym, with which are all of our students familiar, with stands for power breaking and special techniques, a lot of stands for training of jumps, bounces and accuracy of breaking techniques and also an obstacle course.

Most of our time was given to Wirok and T-ki. We spent hours with intense practice of jump kicks and drills of power breaking accuracy. An important part were also individual advices and corrections, passing on trainers' experience for both trainings and contests. We made video analyzes of the practices, which helped our students to find their weak spots and work on them.

The kids enjoyed the obstacle course, whereas the favorite of adults was the Wirok stands. Often it wasn't only about the technique, but more about endurance, self-control and a strong mind, the principles of Taekwon-Do. We give our thanks to the president of Czech national Taekwon-Do Union.

We are looking forward to use our fresh learned knowledge at a contest.

The Strančice Taekwon-Do ITF school



## Exhibition on Carnival in Svojšovice



On 3<sup>rd</sup> March, annual Carnival was held in Svojšovice. As in previous years, also this time lots of people came to enjoy traditional pig-feast meals, delicious friedcakes and other sweet tidbits made by the women of Svojšovice.

The traditional parade came into the village with all their beautiful costumes and masks at circa 1pm. With their arrival the afternoon program began. The exhibition of our school is already regular part of this event. Six of our students were performing there. The trainees have performed some tulls and also special techniques, which were greatly appraised by the audience. They've also shown self-defense techniques against barehanded opponents and also against opponents armed with a staff, a knife or a firearm. For the finale we have prepared few breaking techniques. We give our thanks to all participants for their performance and to the audience.



## Wintercamp 2018



Already for the ninth time winter camp organized by Lubelski Sportowy Club took place in Polish Beskids in ski center Szczyrk. As in previous years the number of participants was enormous. All the 93 attendees came from seven different countries: Poland, Czech Republic, France, Japan, Great Britain, Romania and Sweden.

Trainer of Taekwon-Do Lions Kamil Kolofík, IV. Dan attended for the fourth time. Participants of the camp could go skiing or twice a day take part in a training with world-famous Taekwondo trainers – masters Jerzy Jedut, VIII. Dan, Tadeusz Loboda, VIII. Dan and Jaroslaw Suska, VII. Dan. During the trainings basic techniques and combinations for sport-fights were practiced. Personal consultations in the evenings were for tulls. Anyone could arrange these with the trainers.

I have to give the organizers great thanks for another awesome event. I am already looking forward to another year of the Wintercamp.



## Exams in Sparring Mníchovice



On the 14<sup>th</sup> February instead of the standard Wednesday training the Mníchovice division took the first exams for higher technical levels. Members of Kunice and Čerčany divisions also took the exams organized by Taekwon-Do Sparring Mníchovice. The exams were watched over by Chairman of Technical Committee CzNTU, International instructor and trainer of Taekwon-Do Lions school Ing. Kamil Kolofík, IV. Dan, and trainer Viktor Stein, IV. Dan.

It was a first time for everyone but one student, meaning there were little (or bigger) signs of nervousness. However, everyone successfully passed the exam. Not only parents came to support the students, even their friends did. We are happy that hard work of our students paid off. Congratulations to all the students, we are looking forward for further trainings.

On behalf of the Mníchovice division trainers Ivana Bohatá, Jakub Roubal, I. Dan and Lucie Bohatá, I. Dan.



## STM and representation of the Sparring school



Today was mainly about more preparation of STM and of the representing team of Sparring school Mnichovice. The last bits of needed preparations for the European championship in Maribor were also being finalized. This meant that one small chapter of the complex set of preparations of our students was finished. Nevertheless, it also meant another episode of training began for our students which is there to help them get ready for other upcoming contests. Out of all these, the National championship takes place the soonest (in May) and the tournament in Znojmo after that (in June). Next we have to start preparing for the World Championship in Sydney and for European Championship in Romanian Sibia. The preparations will continue as planned up until the end of the school year when wide line-up for the representation will be revealed. Next up, the arrangements for summer trainings are being made. The timetable will be available on the school web page.

Right now, we have two days to rest, pack up and in the early morning on Wednesday we leave for Maribor. Wish us luck!



## Best of the Best



Taekwon-Do school Strančice participated on 14th year competition Best of the Best as part of preparation to Open Czech Championship in Benátky nad Jizerou. Competition was held in modern sporthall Na Fialce last Saturday of April. This year there were more than 270 competitors. From our club started 8 competitors including our instructor Josef Kubát, 4th Dan. Our fighters fought very bravely and gained many medals. Our score is:

Josef Kubát – silver in tull

Rozálie Pačesová – gold in tull, bronze in matsogi

Barbora Malá – gold in special techniques, silver in tull

David Pačes – bronze in matsogi

Vojtěch Malý – silver in tull, bronze in Matsogi



# European Championship



At 11th April our team start journey to Maribor – city of EC 2018. From Czech National Taekwon-Do Union we had two competitors Jiří Beneš and Jakub Roubal and two coaches Kamil Kolofík and Viktor Stein. Journey was without any complications so at the afternoon we arrived to do weight-in and registration.

Next day we moved to sporthall, where we enjoyed Opening Ceremony. And then the competition started. Our first battle was Tull category of Jirka Beneš – he lost because of inaccurate and insufficiently technical performance of kicks. Morning there was also special techniques category where we had our competitor Jakub Roubal – he did 2 kicks very good (each for 3 points) but it was still not much to get medal. He ended at nice 7th place. Afternoon Jakub had his Tull category. He lost first round because he did not shout out the name of tull.

Friday we was prepared for Jirka's next category – Sparring. His match started very well, Jirka was better and had more points but his opponent found cranny in Jirka's blocks so the result was that Jirka lost. Nevertheless Jirka gained a lot of experiences during whole EC, so we trust that his next competition will be much better (this was first time for Jirka to start in Junior category).

At evening our trainers participated of AETF congress as official representatives of Czech Republic. One of the main points was also holding of next European Cups and Championships. We are looking forward to year 2020 when we will visit our neighbours in Slovakia.

Saturday we had free morning so we went to do some sightseeing, e.g. to very nice hill named Piramida surrounded by grapewine and also to world oldest bush of grapevine (was planted before more than 400 years). Afternoon we started our last category – Sparring Seniors – where Jakub have participated. First Jakub's opponent was competitor from Spain. It was very tight match but thanks to better timing Jakub won. Jakub lost his second match with opponent was from Scotland (participant of final round in this category). This day ended by Galashow and some final matches.

We had to mention that from Czech Republic there were more 6 competitors from Czech Taekwon-Do Federation – they fought bravely, Alex Vištal won once in Tulls and Barbora Jílková broke one technique in Wi-rok and gained 3 points.

On Sunday we set out to way home. During our journey we went sightseeing in Linc (as part of Dallyon).

Many thanks to our competitors for they performances, coaches for their care and also we have to thank to all of our supporters at home.



## Schooling of trainers and umpires



On Sunday 6th May schooling for CzNTU's umpires, trainers and assistants was held in Strančice.

Schooling was aimed especially to umpires and assistants beginners. Morning part focused on official sport rules of Taekwon-Do ITF and its last changes, which were done in last year. This part was under leading very experienced umpire from official competitions, president of CzNTU, int. instructor Viktor Stein, IV. Dan and Chairman of Technical committee CzNTU, int. instructor Kamil Kolofík, IV. Dan. Except official rules we have discussed its modification to national competitions.

Afternoon part was under leading trainer of Strančice's Club, Petra Bláhová, III. Dan. Her presentation was above all for assistants and trainers of our clubs. Because of breadth of her topics, she managed only to sketch them and we could not go into particulars. Especially topic Nutrition (which Petra also presented) is nowadays very important for trainers, assistants and competitors – because there are many advertisements and „expert“ articles which promote neverending row of food complements and supplements. So we all agreed that we will make another schooling and meetings to go into particular in other topics as for example organization of trainings, motivation for students, unusualness of age groups, compensatory exercises and also nutrition.

Many thanks to leaders for their presentations and time. We are looking forward next meetings to deepen our knowledge.



After two year we were again in Zbraslavice,  
training camp of TKD school Strančice



Our second training camp of this year started on 11th May with evening training before diner. The main aim was to prepare our competitors to Open Czech Championship. Trainings were very intensive but we also found some time for relax and teambuilding. We had there our four trainers – Tomáš Mácha, Jaroslav Urbánek, Petra Bláhová and Josef Kubát. Many thanks to all – competitors and trainers.



# Open Czech Republic Championship Taekwon-Do ITF



In early morning on May 19th we were getting ready for the greatest competition of the season - Open Czech Republic Championship Taekwon-Do ITF. The championship took place in the beautiful gym of Benátky nad Jizerou, as the previous years. 125 contenders from 7 schools applied this year, including foreign contestants from SENTUR school from Slovenia led by their instructor Vahid Drapič, Dan V.

This time the preparation of the equipment was more complicated than the organizers were used to because of an electronic system used for keeping track of points and progress of the contestants. Thanks to that the contenders could see on big screens not only who is in the ring right now and how many points they have, but also who should get ready for the next fight. The judges also used the system to rate and everything was processed by a computer, which made the whole competition quicker and easier to handle.

After the ceremonial and judges being instructed in the usage of the evaluating software the championship officially began at 10am. After that, everything was in the usual order. Juniors started off the tul contest and the senior contestants finished it. The results were announced after each category, so, for example, the kids, who came only to compete in tuls wouldn't have to wait all day for their rewards. Throughout the day one part of the gym was dedicated purely to special techniques and power breaking. The individual tul category was finished by noon, meaning we could move along to duels. One ring was reserved for the category of team tuls. Unfortunately, this one took longer than expected due to the unparalleled number of teams, but in the end there was time for everyone. The team of Sparring school Mnichovice won in this category, Siláci, the team from Silla school was second and the team from Milovice took the third place.



# Open Czech Republic Championship Taekwon-Do ITF



Even the youngest competitors have shown honorable performance combining strength, swiftness and and great courage. Medical help was necessary on few occasions in the juniors and seniors categories but everything was taken care of quickly and the contestants quickly returned back to action. In the afternoon the results were announced continuously once again, so no one had to wait too long for their medals. The very last part of the championship was model sparring. Sadly, only two pairs attended this category. However, they deserve our respect since for this category, the pair has to prepare a 1 minute long fight, which has to be performed as real and as synchronized as possible. That is nowhere near easy. After all categories were finished, the best contenders in each category were announced. Because many scores were tied in the top positions, only the best juniors were announced this time. Those were Vid Vehovar (Sentur) in men's category and in the female category Aneta Nekorancová (Ge-Baek). Both received great trophies - Congratulations!

After the last announcement, we said goodbye to everyone and started packing up equipment like tatami, PCs, stands, etc. We give our thanks to everyone who helped us with setting up the equipment in the morning and packing it in the afternoon. Also the judges deserve our thanks, it literally wouldn't be possible without them. Another big "Thank you" belongs to Robert Pokorný for providing us with great audio system which could be heard even in a gym full of training people and fans. Also we give our thanks to the contenders for their good manners during the championship. Thank you everyone, we are already looking forward to seeing all of you again.



## Sonkal open



On the last Sunday of May (26.5.) the Taekwon-Do Sparring school attended the Sonkal Open in the gym of Elementary school of Petřiny.

Our school was represented by 8 contenders, a coach and 2.5 referees, because Lucie Bohatá both competed in her tulle category and helped as a referee for the rest of the day. Our competitors did excellent, which led to a great number of medals for our team. We brought home two gold medals, one silver and three of bronze.

We congratulate our awarded students, and wish the best of luck to the defeated. Our thanks belong to the organizers from the Sonkal Praha school for creating a nice mood and organization of (once again) very high quality contest. We look forward to our next event.



## Sport camp with IFSC Force



Same as last year this time, our school TKD Sparring welcomed our friends from Irish school ISFC Force. Eight participants came, led by trainers Lenka Maršíková and John Moffit, both Dan. IV. We trained from Friday to Monday in the Čerčany gym, 9 hours altogether. Needless to say, not a single thread of our Doboks was left dry and not only because of the warm weather we were provided with. We spent most of our time with sparring but we also practiced tulls and special techniques.

The two-hour-long training on Friday was already led by Lenka Maršíková. First hour was warm-up. The second hour more complicated combinations came up and at the end we did important stretching in pairs. On Saturday we had two trainings. The one in the morning was started with a fun warm-up game followed up with a duel practice and was finished with gymnastics. Jumping over an obstacle into a roll, with closed legs or using the twimio yopcha jirugi technique, to be precise. After a lunch in a nearby restaurant and recovery we sailed in for the afternoon training. Apart of sparring practice we trained tulls in different directions, in groups or in a circle. Fun stretching was a necessity and after that, we had spare time for a dance which consisted of running in place and punches with some burpees implied in the rhythm of Thunderstruck by AC/DC. We spent Saturday evening relaxing with BBQ, table tennis and in swimming pool, willingly or not. However, we had to go to bed rather sooner than later because we had big plans for Sunday. The difficulty of our trainings was getting higher with each hour, as promised by Lenka. This and the fact we had another two-hour-long training was quite challenging. This time, combinations of duels were added and we spent some time with special techniques at the end. Our Irish friends spent the rest of the day in a water park to let their bodies rest for the last two hour training on Monday. After proper warm-up we practiced basic techniques, easy ones and more complicated ones too. Later, tulls into plain air came to help our orientation. The second hour began with an entertaining game called Zombie. Next we practiced techniques for duels and then the final tull, thank you and goodbye.

Thanks to Lenka's and John's experience from world-class contests we once again gained a lot of useful advices, pro-tips and inspiration for our further trainings. Thanks to everyone for coming for trainings full of energy and will to get better. We believe we will soon be able to apply all our gained knowledge.



## Cup of Pečky



These days may be some people relax on the beach, spend their time on cottages, but not our competitors. On Saturday 16th June we visited first year of Cup of Pečky. Organizer was our well-known friend Hana Kuprová, trainer of club Pečky. Competition start with Tull categories, Matsogi categories were after finishing tulls. We had there two coaches Josef Kubát and Petra Bláhová and competitors Vojtěch, Martin and Bára Malý, Jakub and Ondřej Růžička, Anežka Honsová and Antonín Bayer. For our little competitors it was last chance before holidays to fight on tatami. All of them did their best. We enjoyed it a lot and are looking forward next meeting.



## Grading



End of school year is close so we should PROVERIT what our students learned in few last months. Time of grading is here! As first start school Sparring in its clubs Kunice, Mnichovice and Čerčany. During these gradings 33 students were promoted. As examiner was invited int. instructor Lenka Kolofíková, IV. Dan.

Second club which held gradings was school Taekwon-Do Lions. It is new school so there were only 6 applicants. All of them were promoted, for some of them it was for first time. Examiner was international instructor Viktor Stein, IV. Dan.

The last grading before summer holliday tooked place in school Strančice. Examiner was Josef Kubat IV. Dan and 32 students successfully passed.



## Tkd Sparring school's Summer camp



After few year our summer camp moved back to holiday resort Tesla – Horní Bradlo. This year we had 48 participants from 3 schools of CzNTU and several non-members. Content of this camp was morning training for all participants, afternoon training for competitors, evening consultations and during „breaks“ we did some sport activities as football, tennis, ping-pong and foot-tennis. Inseparable part was also swimming in pool. In addition we we did one walking trip - visiting ruins of Oheb castle, swimming in Seč damn and visisting town Seč. At the end of summer camp colour belts grading took place. It was very short week and we had to go back to our homes, but we are planning summer camp for next year – maybe in another region.



## Summercamp in Poland



Wednesday 11th July we set out to Poland to take part in summer camp of Lublin's sport club. The journey took 11 hours, after we arrived we start with preparation to afternoon training under leading of master Jerzy Jedut VIII. Dan. It was very hard for whole our bodies, especially for our feet (we carried off blisters).

Each day we had two trainings – morning and afternoon, and we could have participate on evening consultation or morning yoga (both voluntary).

We had five leaders of trainings – master Jerzy Jedut VIII. Dan, master Tadeusz Loboda VIII. Dan, master Jaroslav Suska VII. Dan, Kamol Slawomil V. Dan and Robert Jasinsky VI. Dan.

During trainings we could better our tulls, combinations for sparring, selfdefence etc.

We returned to Czech Republic with many new experiences, inspiration and knowledge what is need to improve. Many thanks to possibility to take part in this superb event. We are looking forward next event under leading of this masters – legends of Taekwon-Do.

Participants from Czech Republic were Kamil Kolofík IV. Dan (TKD Lions Poděbrady), Jakub Roubal I. Dan, Lucie Bohatá I. Dan and Ivana Bohatá 1.kup (all from TKD Sparring Mnichovice).



## Training camp of TKD Strančice



At last week of July we had a training camp in South Bohemia – sport center Borotín. It was ideal time for our camp – weather was sunny and warm and we had new surface in sporthall. During whole week we had game which moved us to Korea 1955. Four teams, four colour, four elements. Each day we had new assignments and challenges to reach our finish – last night we found stolen manuscript of Taekwon-Do Encyklopedia. Thanks this game we have learnt and found out a lot.

At the weekend we have „mini-course“ of survival. And also this year we had something special and attractive for our participants. Our invitation was accepted by Ladislav Túrym – instructor of close-range fight, specialist to fight in extreme conditions, member of Czech Republic Army forces.

The week is too short time when you have fun – so see you next time.



## Ralsko „team-building“



Taekwon-Do is not only about doing drills in gym, but also about friendship, travelling and learning about history. Because of it we made trip to North Bohemia. There were participants from TKD Sparring Mnichovice and Lions Poděbrady. It was group of 13 friends including our little František who celebrated his first birthday only few days ago.

We started 10th August with checking in small hotel in Ralsko – Hvězdov. We arrived at evening so we had not time to do some exercises, so we started our holidays with some team-building games.

Morning we went by cars to Mimoň. From this nice place we went by walking to Vranov. There was first destination of our walking trip – Juliina vyhlídka (Julie's vista). After short pause we start to climb a hill. Higher and higher, as we arrived to the top – to remains of Ralsko castle. After coming back to our hotel we start to do some training. We worked on betterment of team tulls choreography.

Sunday we wanted to do more sightseeing – Kokořín castle. After visit of interiors we set out by walking to rock castle Nedamy. Also this time all of us made it and climbed to the top of rocks.

But everything have to end and now it was time to go home and look forward next training. Many thanks to our instructors who prepared programme of this trip.



## First school day started with Taekwon-Do



At the occasion of Opening of new School-gym in Mnichovice Elementary school, we had a chance to make exhibition of Taekwon-Do. As first we could see our „minies“ (youngest children of our club) with Saju Jirugi and some elementary self-defences. As next there were we – trainers and assistants to show some more difficult exercises. We did Team-Tul, some advanced self-defences against unarmed and armed attacker and also against 2 attackers. Then we continued with special techniques and some power breaking.

Exhibition passed off well and our children deserve our thanks and appreciation for their first public performance.

We would like to thank to Mnichovice Elementary school for giving us chance to perform and our instructors Viktor Stein and Kamil Kolofík (both IV. Dan) for their time spent with us during holiday trainings.



## Hopi Cup



One part of Taekwon-Do training is also in creating physical condition – endurance and speed. Because of it, two members of CzNTU's clubs decided to take part in bicycle race on 8th September. Participants were Ivana Bohatá from Mnichovice club and Kamil Kolofík from TKD Lions Poděbrady. There were total 171 competitors (on two tracks – 15 and 55 km). Our two courageous started on 55 km track. On this track there were 65 men and 10 women. We did not get medal, but our results were not bad (it was our first bicycle race). Huge appreciation to organizers – during whole track there were people who cared about competitors safety and refreshment. We are looking forward next year.



## Group of Talented Youth – September preparing for european competitions



In new school year we have started with training and also we are finishing preparations of our team to foreign competitions (in September and October). Saturday 15th September we met in gym in Mnichovice. The leaders of event were international instructor Kamil Kolofik and Viktor Stein (both IV. Dan). After short but careful warm-up we did some drills in pairs to improve technique and speed of kicks. As next we tried some blocks, side steps and combinations of kicks and punches. Second part of training was about tulls and basic techniques from them. After 4-hour training we look after next meeting in October.



## AHAC cup Sentjur Slovenia



At Friday 28th September evening, our team of 11 members set out to Slovenia to take part in AHAC Cup in city Sentjur. We arrived on Saturday at 4 a.m. so we had some time to rest and sleep before competition. At 7 a.m. registration and weight in started. We had only junior and senior competitors so we had some more time to do more stretching and warming up. In Tull categories we gained one silver medal and 4 bronze medals. Then Matsogi categories started. In them we gained 5 bronze medals.

Total there were more than 200 competitors from 9 countries and 22 clubs. For our competitors this cup was part of their preparation to European Cup in Romania, Sibiu.



## Eagles Cup 2018 – 19 medalls for Taekwon-Do Strančice

It was an amazing start of school year for Taekwon-Do Strančice. Before the end of September we checked out our shape before European Cup on Hungarian MightyFist Eagles Cup 2018. In Monor near Budapest, there were about 500 competitors from 12 European countries including 9 competitors from Czech Taekwon-Do school Strančice. Our competitors were accompanied by trainers Petra Bláhová III. Dan, Tomáš Mácha, Josef Kubát (both International Instructors with IV. Dan), Hana Máchová and Roman Řehák (both I. Dan). Roman was not there as coach but he participated as referee.

In sport hall were 6 rings: 5 for tulls and matsogi, and last one for special techniques and power breaking.

First clink of medals we heard Saturday morning when Rozálie Pačesová and Klára Klečková gained bronze medals from special technique category. They both kicked for first time Nopi Chagi to 220 cm height – and they did it! As next was „soft“ power breaking where Klára gained bronze again. But it was not end – as next she get silver in tull category. Rozálie won her tull category and it was our fist gold medal in new season!



Boys had great success too. Adam Rojko and Daniel Škvor won their tull cadet categories and they both get gold medals, Vojta Malý get silver medal in junior tull.

Two of our boys competed in same category – David Pačes was second and Adam Rojko was third in juniors color belts tulls. As next we could see black belt holders on tatami. One of them was also our trainer Josef Kubát, who get bronze medal in IV. – VI. Dan tull category.

Also matsogi was successful for our team. At the end of first day we get two silver medals (Rozálie Pačesová) and one bronze (Daniel Škvor).

Second day we started again with clinging of metal – Daniel Chvojka and Samuel Pasler met in one tull category and finally it was silver for Dan and bronze for Sam. Alex Vištal competed in matsogi with higher opponents but he gained bronze medal. Also in matsogi David Pačes and Samuel Pasler get bronze medals in their category.

No one of our competitors go back with empty hands (or necks). Now we aim our attention to European Cup and Cadet cup in Sibiu, Romania. Cross your fingers for us!



## Self-defence class



At Thursday 11th October self-defence class took place in Poděbrady Elementary school of T. G. M. It was as part of their common school day. The main aim of this event was focusing to prevention of delinquency in region. During one lesson pupils of each class heard how to prevent risk behaving on street and what they should do in case of attack or kidnapping. For older participants the lecture was enriched with some law terminology, eg. what is necessary defence or terminal distress.

Each one pupil tried some elementary self-defences and how to do ap-joomok and apcha-busigi correctly. In addition they could try these two techniques on block-shields.

Organizer of this amazing event was International instructor Kamil Kolofík, IV. Dan, head trainer of TKD Lions Poděbrady. He had some assistants from TKD Sparring Mnichovice on this event – int. instructor Viktor Stein IV. Dan, Jakub Roubal I. Dan, Marek Bambas 3rd Kup and Martin Kropš 5th Kup.

Many thanks to friends from TKD Sparring Mnichovice club and to headquarters of Elementary school. We hope that this event will help our children to be more safe outside the school.



## Group of talented youth – October meeting before European Cup in Romania



14th October afternoon we again met in gym in Mnichovice to prepare us to European Cup in Sibiu. Warm up was started in funny way. But after we had to become serious. We have focused to combinations to matsogi, pushing opponent out of the ring, blocking of opponents punches and speed move after finishing kick combinations. We also worked on tactics of escape from corners and how to lock opponent in corner.

After fighting part we continued with tulls and also special techniques. We worked on improving stability after kicks. Again we spent 4 hours with Taekwon-Do.

Many thanks to instructors!



## European Cup – Sibiu, Romania



Last October weekend was under the sign of Taekwon-Do ITF European Cup in Romanian city Sibiu. From Czech Republic participated two schools – TKD Strančice and TKD Sparring Mnichovice. There were more than 900 participants from 27 countries, 72 schools of Taekwondo.

One day before Cadet cup was held. There were 2 participants from Strančice – Rozálie Pačesová and Adam Rojko (this boy started also in European Cup). One of them gained silver medal.

On European Cup Mnichovice had 8 competitors – juniors Martin Bambas, Jiří Beneš, Vendula Loušová, Lucie Bohatá and Daniela Richterová, seniors Jakub Roubal, David Roubal and Ivana Bohatá. Strančice had 4 competitors – juniors Adam Rojko and Alex Vištal, seniors Samuel Pasler and Daniel Chvojka. Also we had there trainers – Viktor Stein and Kamil Kolofík from TKD Mnichovice and Petra Bláhová, Josef Kubát, Petr Urbánek, Tomáš Mácha and Hana Máchová.

In huge competition our competitor Daniel Chvojka gained two bronze medals. Next bronze medals was gained by Jakub Roubal and Ivana Bohatá.

In amount Czech Republic had 5 medals from these two events.

In ranking of schools both czech schools ended on 38.- 42. th place (from 72 clubs).



## National technical seminar



During weekend 3rd - 4th November we welcomed Polish Master Jerzy Jedut VIII. Dan in Czech Republic. He led 5th National technical seminar for us.

Saturday morning started with games to warm up participants. After it we started with corrections of fundamental movements from tulls of lower colour belts. Second part – afternoon – we continued with higher colour belts tulls (up to Choong-Moo).

Sunday was focused on black belt holders. We started again with some quick games to warm up our muscles. Then we also tried some techniques to kick-shields. We went through 3 tulls. Afternoon we had time for many kicks, trying them to kick-shields and also we did some workout. But it was not end of event.

Two of us continued with grading. After more than one hour of physical exercises, including tulls, sparrings, fundamental movements, special techniques and power breaking, they had to answer some questions to pass theoretic part. After it we could finally celebrated with both promoted boys – Kamil Kolofik V. Dan and Jakub Roubal II. Dan.

We would like to thank to Master Jerzy Jedut and also to all participants (more than 60) for their attention. Many thanks also to organizers for their hard work.





## CzNTU's members meeting



On 30th November was held members meeting of CzNTU. Main points of talks were current CzNTUs activities, financial report and budget to year 2019. Schedule of CzNTUs activities to next year including organization of competitions, referee and coach schooling and attending at AETFs and ITFs events.



## IIC Amsterdam



*On 17<sup>th</sup> – 18<sup>th</sup> November the International Instructor Course (IIC) was held in Amsterdam, Netherlands. There were more than 260 participants from 25 countries, included one member of Strančice club – Alexej Vištal. IIC was led by Grandmaster Kim Ung Lan (Germany), Grandmaster Hector Marano (Argentina) and Master Paul McPhail (Australia).*

*During Saturday morning part we focused on correcting Tulls and techniques from them. Afternoon was in sign of self-defence and 3, 2 and 1 step sparings. Sunday morning was about workout and drills to sparring (Matsogi). Within afternoon part we did techques from Tulls.*



## Devils Cup



Saturday 8th December was in the spirit of St. Nicholas, devils and Taekwon-Do. We were invited to this traditional event by club Sonkal Praha. As in previous years, the event was organized very well. Our five competitors tried to gain some medals from hell. They fought really devilishly and won 3 gold, 2 silver and 2 bronze medals. Many thanks also to our participants – referees. We are very proud of our members and we are very delighted that everybody of our team could return home – devil did not carry off anybody of us.



## St. Nicholas Cup



As we said in previous article - Saturday 8th December was in sing of St. Nicholas, devils and Taekwon-Do. Part of our team set out to Mladá Boleslav to participate on St.Nicholas Cup, traditional event of TKD Ge-Baek Club.

We had there 6 competitors: Vojtěch, Kopáč, Martin Kropš, Zbyněk Lhotka, Marek Bambas, Filip Sadílek and Martin Bambas; 2 coaches: Stanislav Kropš and Leo Bambas and as referee we were deputized by Kamil Kolofík, V. Dan, from TKD Lions Poděbrady. There were many competitors of high quality so the competition was big. Despite it we gained 2 gold, 5 silver and 5 bronze medals.

Whole day was in pleasing atmosphere. Also this year participants could enjoy day with special visitors – St. Nicholas and devil handed medals over to winners. Many thanks to organizers...



## Taekwon-Do and Gymnastics



It was not a problem to wake up early on the first December Saturday. Long awaited common training of our taekwondo students with local gymnastics club TVT Motion Mnichovice has come. First two hours were conducted by tremendous trainers from TVT Motion club Tereza Hájková and Kristýna Čermáková. We could get more familiar with each other during funny warm up game and initial diffidence quickly disappeared. We started practice of particular gymnastics exercise after necessary warm up and stretching conducted by Kristýna. We were divided into five groups and each group performed two rounds on five different sites. Each site was supervised by skilled gymnast who advised and helped us.

We could try stretching and workout exercise and we enjoyed most exercise called „caterpillar“. We could try trampoline jumping as well and frankly correct jumping on trampoline was a real trouble for some of us, not mentioning correct landing and leg suspension. So when we managed jump and roll over we felt like masters. Next site was dedicated to correct roll practise – basic roll, roll with straddle, roll over obstacle and series of nonstop rolling (after the last exercise all gym was rotating for us). We could try cartwheels, one hand cartwheels and cartwheels maintaining the line. The last site was practise of back flip. It was a real challenge for overcoming of self-preservation instinct and it was still a dummy run. At the end of first section we could enjoy performance of young gymnasts in a small prepared exhibition.



## Taekwon-Do and Gymnastics

Following two hours were dedicated to Taekwon-do. We started with an exhibition, showed some patterns, fundamental exercise with blockers, self-defence, short sparring and special techniques. Then the real training took place. We started with practice of fist clenches with correct attacking tools and continued with some basic kicks suitable for self-defence in blockers. Then we created pairs of TKD students and gymnasts and started training of basic self-defence techniques, followed with a brief theory explanation and demonstration of self-defence against an armed opponent. We concluded with a short workout exercise.

The time went really fast and time of goodbyes has come. We spent a nice and meaningful afternoon in the gym. Now we are aware that gymnastic drills need a lot of hard work and effort. We are glad that we had the opportunity to try at least a small step of a long journey leading to perfect gymnastics exercise. Gymnastics is a necessary part of Taekwon-do training and we are already looking forward to future cooperation with the Gymnastic club. We would like to thank once again the female trainers of TVT Motion Mníchovice and their students and also to our trainers and students for their time and perfect atmosphere.



## December in sign of grading



### December in sign of grading

December was in sign of grading in CzNTU's schools. Grading time started in TKD school Sparring – in its clubs Mnichovice, Velké Popovice and Čerčany. Also TKD Lions Poděbrady and TKD Strančice hold gradings for their members.

In amount 70 people were promoted to higher grades – from white-yellow to red-black. Huge congratulation to all promoted.



## Christmass Cup in Strančice



Nowadays we could say that this event is traditional. Saturday 15th December was held 8th year of Christmass Cup in Strančice. This year we had for competitors special tull category „O pohár“ - everybody without difference between belts, ages or gender.

We started with anthem of our club and some carols played on trumpet by two girls from Strančice TKD club. And now the competition, for 97 competitors from 4 clubs, is opened.

This competition is especially for competitors-beginners. We want to show them the atmosphere during competition, also they could feel team-spirit and support from friends and family-members.

Many thanks to our financial supporters – Frydrych Bakery, TJ Sokol Strančice and Strančice city.



# Czech National Taekwon-Do Union ITF Strategic Plan for year 2019



# The schedule of events for year 2019

## Competitions

World Championship – 24th -28 th April - Inzel, Germany  
Czech Championship – 11th May - Benátky nad Jizerou  
AHAC Cup – Sentjur, Slovenia  
European Championship – 10th – 13th October  
Sonkal Open – Prague, Czech Republic  
St. Nicholas Cup – Ml. Boleslav, Czech Republic  
Devils Cup – Prague, Czech Republic  
Christmass Cup – Strancice, Czech Republic

## Non-competitive events

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

## Summer camp Sparring - July 2019

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

## Summer camp Strancice – August 2019

## Weekend training camps

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

## Courses and seminars

IIC – 8. -10. March – Budapest, Hungary  
National seminar - November 2019  
Attendance at polish Central Wintercamp 2019 in Szczyrk  
National trainers and referees course April 2019  
Regional seminars  
Self-defence courses for children in Kindergartens and Elementary schools

## Grading

We are going to hold gradings to Kup and Dan.

[www.taekwondocz.com](http://www.taekwondocz.com) NA for ITF & AETF in Czech Republic



# The strategic plan of CzNTU 2019

## 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 2019 (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 2018 we requested for registration in ČUBU (Czech Union of Martial Arts), request have not been accepted. In year 2019 we will send request to ČUS (Czech Union of Sports) again and we will negotiate with them about including CzNTU into their organization.



# The strategic plan of CzNTU 2019

4. Informative support for trainers – sharing (eg. 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, health life-style, medical care, work with children, fyziology, legal system etc.)
3. Support for trainers in additional education (FTVS Prague and other courses )
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

