

Annual report of national association of Taekwon-Do ITF 2019



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 8 clubs in total.

CzNTU has 6 international instructors authorized to hold gradings.

Further it has 6 instructors with 2nd level of national trainer licence and 6 assistants with 3rd level of national trainer licence and 3 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 | 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

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Secretary CzNTU - ITF:

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Plaques and fees 2019, annual report

In January 2019, member fees for Czech Republic's NA Czech National Taekwon-Do Union were paid member fees for ITF and AETF.

The annual report of the year 2018 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
500822	Jakub Roubal	610681
516495	Hana Scharffová	610683
513932	Jakub Zemanec	610682
507192	Lucie Bohatá	611698



Training camp of Taekwon-Do ITF Strančice

Each year TKD school Strančice organizes weekend training camp near Tábor city. This year we met during weekend 2nd – 3rd February.

This year it was focused to prepare Prearranged Sparrings for our competitors. Next goal was individual exercises for David Pačes and Alex Vištal to prepare them for World Championship in Inzell, Germany. Whole camp was under leading of boo-saboms Petra Bláhová (III. Dan), Hana Máchová (I. Dan) and International instructors Jaroslav Urbánek and Tomáš Mácha (both IV. Dan).

Saturday evening became another one instructor Josef Kubát (IV. Dan). Black belt grading was held this evening. We had two adepts for it – Román Pták and David Pačes. It was hard to them because all of their friends and colleagues from club were watching them during examination. Both boys did their best so they could tie black belts for Sunday trainings.

It was very intensive weekend, we can return to common trainings enriched by knowledge of new tulls, feel of good preparation to World Championship and with new desire to compete in Prearranged Sparring. As a bonus we spread our group of „The Blacks“





Wintercamp, Szczyrk, Poland



Group of Taekwon-Dists from Czech National Taekwon-Do Union participated on next superb event of Lublin's Taekwon-Do club. We had there 3 participants – Lucie and Ivana Bohatá from TKD Sparring Mnichovice and Kamil Kolofík from TKD Lions Poděbrady. The event was very well prepared by organizers. Trainings were under leading of legends as Jerzy Jedut VIII. Dan, Tadeusz Loboda VIII. Dan and Jaroslaw Suska VII. Dan. As always on this training camp was great opportunity to meet practitioners from many countries – England, Ireland, United States of America, Japan, Poland etc. Many thanks to organizes and instructors.



Czech National Taekwon-Do Union attended IIC in Hungary



IIC took place in Hungarian recreational city Balatonfüred during weekend 8th – 10th March. There were attended 150 participants from many European countries. From CzNTU were participated 9 instructors and students from two clubs – TKD Strančice and Sparring Mnichovice. Trainings were under leading of the biggest Taekwon-Do experts – Grandmasters Hector Marano (Argentina) and Lan Kim Ung (Germany) and Master Paul McPhail (New Zealand). Each participant gained many highly-valued experiences and knowledge. Many thanks to organizers for this amazing event.



Preparation to World Champ, Inzell, Germany



Competitors from Czech National Taekwon-Do Union prepared responsibly for their participation on WC in Germany, April 2019.

They met periodically with instructors – Kamil Kolofík, V. Dan and Viktor Stein, IV. Dan – to higher their chances to gain some medal on WC. They prepared very hard during training camps and also they had many home works from trainers.

Each collective training had similar structure. We started with special techniques, then we corrected basic movements and techniques and used them in tulls. Other part was focused to matsogi. Each session we ended with some work-out and stretching.

We believe that our competitors are very well prepared to beat their opponents during World Championship... So, Inzell – here we come!!!



Preparation to World Championship CzNTU and CFT together



Our preparation is culminating. On Saturday 30th March we met in České Budějovice with whole Czech Team.

After some warm-up we started with some basic techniques and its correction in Tulls. Second part was about jumping and flying – yes, we did special techniques, individual and also team. After lunch we focused on matsogi. The session was ended with power breaking. Till the championship will start we have still (or only) two weeks. Cross your fingers for our competitors, so they will make good use of their effort and preparation. See you soon in Inzell.



Spring exhibition in Strančice



Saturday 6th April we could watch the exhibition prepared by Strančice ITF club. It was part of "Easter gathering" on Emil Kolben square. Under leading of trainers Petra Bláhová, Josef Kubát and Tomáš Mácha students performed few exercises from their usual trainings. Spectators could see how also very small children do their Tulls, kick to targets or perform 3-step sparrings. Older children prepared for this event one Pre-arranged sparring, some self-defenses with knife. Medalists from european competition in Hungary performed special techniques.

Many thanks to organizers for their invitation. Now we are preparing for next exhibitions during "Mnichovické kramaření" and Celebration of 100th anniversary of "Sokol Strančice".



World Championship 2019, Inzell (Germany)



During spring days 22nd – 28th April we participated on WC in Inzell. We were accommodated in near spa city Reichenhall. Czech Republic was represented by 16 competitors from Czech National Taekwon-Do Union and Czech Taekwon-Do Federation. From CzNTU started Alexej Vištal, Jakub Roubal, Jiří Beneš and David Pačes.

Tuesday we enjoyed opening ceremony.

First competition day we started by full category of Alex - he won two matches (with Polish and English competitors), but he lost match with Romanian guy. So he ended at 16th position in this category. Jakub lost his first match in full, so it was end for him in this category. David started in category of Special Techniques juniors. After hard preparation he gained only 3 points and was too little to get medal.

Thursday we started with Matsugi. Our first competitor in this category was David, who lost with Ukrainian boy. At afternoon our juniors team started Team Special Techniques. They gained 3 points so they ended on 10th place.

Friday morning was about Jakub start in Special Techniques Seniors. He flew as an eagle from one technique to another one. He kicked all techniques but referees did not validated 2 of them. With 9 points Jakub ended before final jumps. We continued this day with 3 losses in Matsugi categories. Jakub lost his match with Ukrainian guy, Alex lost with Russian guy and Jiří was defeated by Spanish guy. Last Friday category was Special Techniques Seniors. Thanks to Jakub Czech team gained 3 points so they ended at 10th place.

Saturday was in sign of Team Matsugi Juniors and also Seniors. After contumacious victory with Malay team, Czech Senior Team lost match with Argentina. From Czech team nobody could defeat his challenger from Argentina, so it was end for Czech Senior team in Matsugi. Junior team easily defeated Canada. Their next opponent was very strong team from Argentina. And the story that we know from Senior Team Matsugi was repeated – Czech Republic was again defeated by Argentina.

Before we left this nice city we attended congress of ITF. We congratulate to all new voted members of ITF Headquarters and Board of Directors.

After congress we set out to way to home, where we arrived about 10 p. m. Our competitors do not have many time to relax, because the Czech Open Championship is nearing and we start with preparation to European Championship in Bosna.



To the roots of Taekwon-Do



At weekend 4th - 5th May trainers from Czech National Taekwon-Do Union set out to city Brno, to participate on seminar with Grand Master Kim Bok-Man – one of the pioneers of Taekwon-Do and co-worker of Taekwon-Do founder, General Choi Hong Hi. Seminar was held by TKD Club Brno and participants were from few national and international organizations.

Grand Master Kim Bok Man is veteran from Korean War and one of the first military instructors and members of first Taekwon-Do Demo team, who lives in USA nowadays. He cooperated on development of TKD fighting techniques, particularly in the beginning, when this martial art was developer for Korean army (ROK Army).

His contemporary techniques about fight with weapons, defence against weapons, fight without weapons – all was part of Taekwon-Do as army martial art. As a soldier and true participant of battle on Korean peninsula, he has very rich experiences with real use of fight-techniques. It is reaso nwhy his approach to Taekwon-Do is focused to practical use and does not deal with competition rules and disciplines.

We could try grandmaster's conception of selfdefence against unarmed and also armed attacker, forms (tulls) with weapons and also we could listen his opinion to performance of tulls in these days (because he is joint author of some of them).

Grandmasteris 85 yearsold, but he is still in very good physical and mental condition, holds seminars all over the world and still is showing self defences and techniques himself.

Very interesting was also to immers in his telling about experiences and his life-story, which is inseparable part of Taekwon-Do history.

It was great pleasure for us to meet one of the last livingTaekwon-Do pioneers.

Tomáš Mácha, TKD Strančice



Czech National Open Championship 2019



Not even rainy Saturday could not stop competitors and fans of Taekwon-Do to participate on traditional Czech National Open Championship in nice city Benátky nad Jizerou in Central Bohemian Region. 125 Czech and foreign competitors competed in 6 disciplines.

The day for organizers started with preparing the hall, included innovated point-system ran on computers. After registration and coaches and referees meeting we were prepared to start. Competition was opened at 10 a.m.

Unusual this year we started with black belt tull categories, because many of our referees were alongside competitors. Many thanks to these competitors who did two jobs during the championship. After black belts we started with children colour belt categories. During morning part also special techniques were ran. After all tulls categories were finished, pre-arranged sparring category could start. It was really amazing spectacle.

Afternoon part was particularly about sparring and power breaking. Some sparrings were very careful - especially matches of our youngest competitors. Some matches were more quickly and also harder.

Thanks to very professional work of all referees the competition ended at 5:30 p.m. Many thanks to organizers - TKD school Benátky nad Jizerou and Sokol Benátky nad Jizerou. Hugh congratulations to all competitors. We are looking forward next meeting with all of you...



Taekwon-Do ITF Strančice participated on Best of the Best 2019



Saturday 18th May, one week after our most important national competition (Open Czech Championship in Benátky nad Jizerou), we were competing again. Venue of this competition was in Říčany, in sporthall Na Fialce. It was 17th year of Best of the Best which is organized by school Kwang-Gae under leading of Master Vladimír Machota.

This year we had there numerously group at this event. The competition started very well for us – in tulls we gained 5 gold, 6 silver and 7 bronze medals. Also in special techniques we had good competitors – Klára Klečková, Rozálie Pačesová and Jakub Čiháček. Both girls ended on stand of winners. Jakub Čiháček got bronze medal.

Klára and Rozálie also was on of our pair in pre-arranged sparring. Because of very strict regulatives they got „only“ bronze medal. Our second pair, Jakub Čiháček and Tomáš Bruckner, got silver medal from this discipline.

We had also many medals from sparring, but the most important for us was that Daniel Škvor competed in final round of his category (older cadets). He gained silver medal and lot of experiences from fight with Michael Kaňka from České Budějovice.

Many thanks to all of our competitors, trainers and also spectators... We are looking forward next year.



TKD school Strančice represented Czech Republic in Holland



Month May was for our club „month of competitions“. As first we had 19 competitors in Open Czech Championship in Benátky nad Jizerou. Next weekend we participated on Best of Best in Říčany with 18 competitors. These two events were as nomination for our competitors to Holland Cup.

Friday 24th May we set out to Delft, where the 10th year of Holland Cup was hold. We had there 8 team members - cadet Rozálie Pačesová, juniors Adam Rojko, Alex Vištal, David Pačes and Klára Klečková and coaches Tomáš Mácha (IV. Dan), Petra Bláhová (III. Dan) and Hana Máchová (I. Dan). Tournament ran both days of weekend, but Sunday part was only for lower belts and we did not have there any competitor. After Saturday part we ended at 3rd place from 16 countries (only Great Britain and Netherlands had more medals that our team). After Sunday part we were at 4th place (Germany skipped us).

Our juniors – David and Alex – tried first time their pre-arranged sparring in international competition and they gained bronze medal. Adam got gold medal in his sparring category. Klára and Rozálie won their categories of tulls.

Except of medals we brought very nice experience from sightseeing – we looked up to city Delft and also we tried local specialities.

Many thanks to our partners: municipality Strančice, Porta s. r. o. and Minoda půjčovna s. r. o.



Sonkal Open 2019



After one year, we again took part in competition named Sonkal Open at 25th May 2019. This year the venue was Sport hall TJ Praha Ruzyně. There were 224 competitors from 23 clubs. We had 4 competitors there – Jiří Beneš, Martin Kropš, Eliška Hupcejová and Daniela Richterová. There were many competitors of high quality, nevertheless we gained 5 medals (one gold, two silver, two bronze).

Many thanks to organizers, the competition was very well prepared. Congratulations to our medalists.



Irish Taekwon-Do school again in Czech Republic



From 31st May to 3rd June we had visitors from Iris Taekwon-Do club IFSC Force in Čerčany. First training started on Friday afternoon. It was under leading of Irish trainer Lenka Maršíková in TJ Slavoj sport hall in Čerčany. It was focused mostly to matsogi, but we also had time for relaxing games.

Nex tday, not only children but also adults celebrated International Children Day with two-phases training (we spent 3 hours in sport hall). Training was divided by lunch-break, we had very good lunch in near restaurant. Both parts were focused to defence and attack combinations to matsogi. After this hard day we „refuel“ energy during barbecue in Kamil’s place. Irish friends and also our czech sportsman relaxed during horse riding. After it we tried one team-building game. Our goal was to build statue from spaghetti and marshmallow.

Sunday we again had 3 hour straining. First part was focused to jumps and special techniques. Second part was about matsogi.

And it was also a little bit sad moment because we had to say goodbye to our friends. Many thanks to all who visited training with Irish mem bers and good luck to all from Irish team who will participated on European Cup in Sochi.



Weekend training camp in Zbraslavice



After month May – month full of competitions, members of Strančice TKD school set out to weekend training camp. So on 7th June we had our first training in Zbraslavice.

This camp was focused to self-defence. For adults and higher belt holders the programme was enriched by self defence against knife. For this practice we had very fine training wooden knives done by Robin (member of our club) and his studio Mirage. We tried some of basic self-defences against knife, because it is very serious and dangerous when you are attacked by this weapon.

Practitioners were divided to groups according to their age and belt. Many thanks to our trainers (Tomáš Mácha, Jaroslav Urbánek, Josef Kubát and Petra Bláhová) for their patience and deployment. Special thanks to our doctor Monika Horáková for her supervision, great service and positive spirit.



100th Anniversary of founding Sokol Strančice



Taekwon-Do ITF School Strančice participated on 100th Anniversary of founding Sokol Strančice. Saturday 22th June afternoon was in sign of cultural programme in Sokol's sport hall. We could see exhibition of photographs and artefacts from Sokol history, new embroidered flag of „TJ Sokol Strančice“, historical Sokol uniform (or costume) and Commemorative book with first Czechoslovak president T. G. Masaryk.

Programme started with performance of the littlest Sokols with their parents. As next we could enjoy performance of preschool-age children who performed pattern from XVI. Všesokolský slet (Sokol festival).

Next part was prepared by our school. Our students, who are visiting TKD trainings in Sokol sport hall, prepared exhibition, which should introduce Taekwon-Do to members of Sokol club and all guests.

They performed tulls, sparring drills, self-defence and also some power-breaking. Spectators had also chance to see some pre-arranged sparrings, which are presented by our students on national and international competitions. Whole exhibition was commented by trainers – they also highlighted successes of our students from this year competitions.

After watching „wild“ martial art, spectators could admire gracefulness of dancing pairs under leading Mrs. Blanka Vášová. Her dancing school use, as same as the Taekwon-Do school, space of Sokol sport hall more then 15 years.

After all performances was time for some speeches. At the end of programme, some functionaries, sportsmen and trainers of Sokol were awarded for their work for development of sport in Strančice.

Many thanks to TJ Sokol Strančice for their invitation. We trust that they enjoyed our performance.



Summer camp of TKD school Sparring Mnichovice



At the start of July we usually meet our friends during traditional summer camp of TKD school Sparring. This year we were accommodated in Hořovická chata (nearby Slapy Damn) for two weeks. There were 55 participants not only from Czech National Taekwon-Do Union's clubs, but also from Czech Taekwon-Do Association and also few non-taekwondoists. Sparring's summer camp is open for everybody.

We had at least two trainings a day. Morning training were about pure Taekwon-Do, afternoon training was a little bit more sports, and each evening there was "consultation time" for everybody who wanted to improve his techniques all the more. During afternoon was also enough time to try some sports – volleyball, football, foot tennis, tennis and some others.

We also enjoyed trips to nature, night adventure game, swimming in damn, campfire and more various activities.

At the end of camp we had one afternoon for grading. All participants were successfully promoted to higher kups and we welcomed two new black belt holders – Ivana Bohatá a Vendula Loušová.

Many thanks to everybody – organizing team, participants, parents and friends – that we could spend so amazing two weeks together.



Taekwon-Do ITF Strančice club's summer training camp



Third camp this year. After weekend training camps in February and June we set out again to South Bohemia in the half of July.

We started on 15th July, Monday, by slope running to Borotín castle. Main goal of this camp was to learn new tull, improve technique, raise leap, raise power and hardness, or try new tactics. So we started almost each day with morning exercise before breakfast, after it first training session in doboks come. Between lunch and diner we had two training sessions and after 8 p.m. we had another exercise which was quite military.

As same as last year we had special visitor – Ladislav Túrym, instructor of fight at close quarters and member of Czech Republic Army. This year he spent with us whole week and led training each evening. During this sessions he taught us fight with knife, how to fall and arm bars.

After 9 p.m. we had time for our sport team. Its members had (as a part of their preparation to European Championship) compensatory exercises. And after all trainings, trainers started with their hidden work – to prepare programme for next day and to count up points for camp competition. Also this year our trainers prepared for participants adventure game. Again it was about Korean country, but this year we travelled to 4th century – to meet king Gwanggaeto. Each day participants carefully took down in to chronicle of kingdoms Kogurjo, Kaja, Silla and Pekche.

Above all this we had visit of Astronomical Observatory Tábor on Wednesday, evening Escape game on Thursday and night adventure game on Saturday.

It was week stuffed with adventure, exercises and friendship.



CzNTU's member meeting



On 22nd July took place member meeting of Czech National Taekwon-Do Union. We met in nice space of restaurant „Červená cibule“ (Red Onion) in Prague. Representatives of all clubs were presented. Main item was election of new secretary/treasurer. Unanimously was elected Ing. Lenka Kolofíková. We want to thank to outgoing secretary Monika Dobíhalová for her excellent work during many years.

Next point of meeting was confirmation of competitors in national team to European Championship in Bosnia and their nomination to specific categories. Also we talked about their financial support from CzNTU.

Last topics was about organization and promotion.



Hopi Cup



On Saturday 7th September was a little bit special for trainers from two of our clubs – Kamil Kolofík from TKD Lions and Ivana Bohatá from TKD Sparring, and one of our national team member Vendula Loušová. For Vendula it was part of her endurance preparation to EC in Bosnia.

And what was the speciality of this day? Hopi Cup is cycling competition. The track had 55 km. We did not reach to winners' podium but we absolutely enjoyed it and Vendula was youngest competitor on this track.

Who will join us next year? See you on track next year...



TKD school Strančice participated on Eagles Cup 2019



New season was in our school started very sharply. The third weekend of September we spent by participating on Hungarian Mightyfist Eagles Cup 2019.

Our aim was to retain our core from last year. Also it was possibility how to check condition of our two national team members before European Championship in Sarajevo (October 2019).

This year there were competed more than 400 competitors from 40 clubs. Our school had there 6 competitors and 4 trainers—Josef Kubát, Tomáš Mácha (both IV. Dan), Petra Bláhová (III. Dan) and Hana Máchová (I. Dan).

On 6 rings we spent 2 days filled with sport. As same as in last year our cadets Rozalie Pačesová and Klára Klečková stood on winners' podium – after last year's bronzes they gained gold and silver this year. Rozalie gained also bronze from tulls and bronze from matsogi. Klára showed her precise techniques and won in category power test. But it was not end of her successes – she gained bronze medal in tulls and silver one in matsogi. Adam Rojko went up to the final in tulls and gained silver medal. During same day Dan Škvor won his category of special techniques cadets. He also competed in categories of tull where he got bronze medal. We had also competitors in category black belts tull which won our Alex Vištal, David Pačes got bronze medal. Last category of this day was for us Prearranged sparring where we had duo Alex and David – they bravely went through so me fights and finally moved up to winners' podium to obtain their gold medals. Very nice conclusion of this first day was announcement of best female cadet – Klára Klečková.

On Sunday we started with juniors matsogi. Alex won his category to 50 kg and David gained bronze medal in category to 75kg. For Alex it was his third medal so he was announced as best male Junior.

In total we had 5 gold, 4 silver, 6 bronze and two cups for best competitors! So we could say honestly that it was great start of sport season 2019/2020 and huge motivation for all of our competitors.

We would like to thank to all of our sponsors and also to all parents.



„Centre of talented youth“ training



On 22nd September, talented members of TKD school Sparring made their periodical extra training session. Under leading of instruktör Viktor Stein, IV. Dan, they did preparation for oncoming European championship in Sarajevo. This time training was focused on fight and special techniques. All participants did their best to improve themselves. We hope, that their effort will be sufficient for their performances during EC.



Success of Czech National Team on European Championship 2019



We set out to Bosnia on 8th October to participate on 25th Junior and 34th Senior European Championship.

After long journey we were happy when we arrived to hotel and then we went to weighting. Next day, competition was started. As first our Juniors Alex and David had their category of tulls, but they were not successful. Next competitor was Lucie, but she lost her round with Italian girl. Our biggest chance was in Special Techniques Seniors, where Jakub was competed. He moved all boards but finally it was only 7 points and this was not enough to winner's podium. Afternoon was in sign of Special Techniques Juniors Female. Big surprise was for us, and also for her opponents, performance of young competitor Vendula Loušová. In huge competition of 23 competitors in her category she ended on third place. It was very hardly gained medal, because she had to pass through 4 rounds of jump-off. Last category of first day was for Czech competitors Model Sparring. We had there pair David Pačes and Alex Vištal. It was their premiere and they ended on nice 5th place.

Friday morning was in sign of fights – but we did not gained any advancing this day. Day ended with AETF congress where our representatives were presented – Viktor Stein (president of CzNTU) and Kamil Kolofík (Technical Committee chairman).



Success of Czech National Team on European Championship 2019

Saturday we started with Alex's fight competition. He won his first match but the second was the last for him. Next was Jakub Roubal and his category of fight. But he was defeated at first match. But next was Team Junior Female Special Techniques. Team was composed from competitors from CzNTU and CTF. Competitors moved all of three boards so they went to jump-off. These were kicked by Vendula Loušová (she gained bronze in individual category). It was even harder than individual category because there were 6 more rounds, 6 exacting kicks. In 6th round Vendula was a little bit exhausted so she did not kick as well as her opponent did. Let me congratulate to Czech team for their silver medal from this category. This day it was last category so our team had time to do some sightseeing and enjoy evening GALA.

Sunday was not good day for our competitors – we lost nearly in all team categories (Junior Sparring, Junior Power Test, Junior Special techniques). Next was Team Senior Sparring category where we lost closely with Finish team. In Team Senior Special Techniques category only Jakub moved board with his favourite technic NopiChagi. But it was insufficient to have some good place in winner's list.

Last was our Junior Female competitors in Team Sparring category. They fought bravely and defeated Scottish team. Next round was even harder because they fought against Romanian team. Romanian girls were stronger so we ended in competition.

Summary: CzNTU's competitor Vendula Loušová won bronze medal in Special Techniques Junior Female. She also greatly helped to Czech team to gain silver medal in Team Junior Female Special Techniques.

Many thanks to all competitors for their performances and all our supporters – parents, friends and also to Ford Kačmáček for renting a car.



Demostration in Strančice



On 19th October members of TKD school Sparring Mnichovice performed short demonstration on charity event in Strančice. This event. Was organized by family friends of young handicapped girl on wheelchair. Event was very successful and full of nice performances of local organizations. We would like to thank to all of our members, parents and also other participants for their help and contribute to charity. In this very fast-moving times is very nice to see that people are not indifferent to hard destiny of some body else. Again thank to all who participated...



Schoolchildren learnt fundamentals of selfdefence



Which school enables its students to learn some basic selfdefence movements during physical education classes? Elementary school of T. G. Masaryk in Poděbrady does. This year, 23rd October, it was for the third time, when we had chance to perform something from our knowledge to pupils.

Taekwon-Do is not only a sport or martial art. It can be a way for education and teaching our smallest kids to behave safely in today's rushed world. It was the basic reason to prepare this special lesson for local pupils.

Each class was started with short talking about potential dangers – bullying, drugs or kidnapping attempt. We talked about prevention of this phenomenon, how to behave when children see it or know about it in their surroundings.

After talking part, it was time to practical part. Children (and also teachers) could possibility to try some basic techniques to kick-shields. It was punch and front kick. For elder pupils was prepared performance of several bars to escape from grip. And they can tried it too, of course. This event was organised by Taekwon-Do School Lions Poděbrady, the youngest of Czech National Taekwon-Do Union's schools. Many thanks to our friends from Taekwon-Do school Sparring Mnichovice for their whole-day help on classes.



5th National Seminar with Master Jedut



After year we met again in nice sporthall of Elementary School in Strančice. We had welcomed 58 participants from 7 Taekwon-Do clubs.

More than one half of participants were participated at least for second time, so it was no surprise for them, that seminar started with short games. During morning part of first training day there was a lot of colour belts. This part was focused on basic movements and techniques from tulls from Chon-Ji to Joong-Gun. Afternoon part was again focused on another basic techniques and its use in tulls. It was very hard to everybody's attention and mind. So participants welcomed change at final part of this session. We enjoyed a little bit of mental regeneration with techniques which are not done so often during classic trainings – for example kicking back-side from press-up. After this exercise we paid our attention to stretching (spectators said that it looks like some kind of torture but participants kept their faces smiling so it could not be so hard).

In comparison with first day, the second one was a little bit „more animated“. Morning part was full of exercise with kick-shields. We did kicks and their combinations, which are often used in sport fight. After three hours of very hard training, all participants welcomed lunch break. All participants, except one. His name is Tomáš Mácha – candidate to V. Dan. Because when others had lunch break, he had to perform his best during grading. His grading procedure was not easy – 1 hour of very hard testing. He had to perform some tulls, combinations of basic techniques, two and one-step sparrings, special techniques and some techniques to test his power. Final part of his exam was many theoretical questions. Tomáš has successfully passed through all parts. So let me say: “Huge congratulation to Tomáš - new holder of V. Dan!”



5th National Seminar with Master Jedut



Afternoon session started with tulls to Moon-Moo. After this exercise which was demanding to mind, we could give short pause for our brains, because it was time to kalanetics – exercise to strengthening muscles thanks to remaining in one pose, maybe with little movements of limb. As last we tried some combinations of techniques which need balance and strong muscles. And it was all for this year.

Before we definitely say Good-bye to Master Jedut, we gave him small present – traditional Czech speciality “Utopenec”.

We would like to say many thanks to all of Organize team, to director of Elementary school Emila Kolbena in Strančice, to all participants and also to their friends who visited our seminar as spectators. Special thank belongs to International Instructor Ondřej Vrábel (VI. Dan), who translated during whole seminar. Again many thanks to all! We are looking to see you on next events...



November training of „Centre of talented youth“



We have successfully passed the European Championship but we do not stop with extra trainings. We will participate on some smaller competitions and also we will have gradings. So it is not time to laze.

Sunday, 17th November, we had another training of CTY. It was focused on improving condition so we started, after short game and stretching, with interval rope-jumping. Then we continued with kicks and punches combinations. We was focused to speed, precision and stamina. First training session was ended by circuit training and stretching.

After proper dose of energy and short relax time, second session started. It was about basic movements and tulls. As last we tried few static exercises to strengthen core, back muscles and arms muscles. And we finished our training with another stretching. Many thanks to all participants for their hard work during this training.



Devil's Cup 2019



On 7th December we participated in Devils Cup which is held by TKD School Sonkal Prague. This year we participated 250 competitors from 22 clubs. From club TKD Sparring Mnichovice 5 competitors competed. In huge competitions we gained 1 gold, 2 silver and 1 bronze medal. During the whole event there was an amazing atmosphere, excellent work of the organization team and very professional referee work. Maybe it was the argument why the presented devils did not take anybody to hell.

Many thanks to the invitation to this super event. We are looking forward to the next meeting of our Taekwon-Do friends from Sonkal.



Christmass cup held again in Strančice



Saturday 14th December was directed on traditional Christmas cup in Strančice. It is competition for all, but with special aiming to competitors-beginners and littlest children. Experienced competitors tried role of referees under supervision of instructors – Petra Bláhová, Tomáš Mácha, Jaroslav Urbánek and Josef Kubát. So all have special possibility to try something new and gain some experience.

Participants were competed only in two categories – tulls and sparrings. But more we had two Open categories for seasoned competitors.

As same as in last years, our friends from friendly schools arrived. Children fought fair, older competitors supervised the youngers. For winners of Open categories were prepared special prices from our supporter, family Čiháček.

Proceeds form start fee was donated to children from Strančice's Children Centre (Infant Institution). We know that not everybody has the luck that they can do sport or participate on competitions. So Merry Christmas children...

Many thanks to all of our supporters who helped us during year 2019. We are looking forward all events in year 2020.



Grading in year 2019



This year was very rich regarding grading. Only in January and August we had two months free from grading. In total during whole year 165 colour belts were promoted. In addition to this high number, we have 4 new black belts. And also we are honoured that we could introduce you new holder of V. Dan black belt. His name is Tomáš Mácha – instructor from CzNTU's club Taekwon-Do school Strančice, former member of Czech National Team. He was promoted during National seminar by its leader Master Jerzy Jedut, VIII. Dan.



Also our instructors work on their education



Last article was about improvement of our students, but also their trainers make their best to improve their knowledge. Last year was full of studying.

Ivana Bohatá from TKD Sparring Mnichovice club finished her studies on university and got Bachelor's degree of Fitness specialist. Congratulations Ivana ... and good luck and strong nerves in next studying (because Ivana continues in studying and want to get Master degree). International Instructor Kamil Kolofík, V. Dan, from TKD Lions Poděbrady club successfully passed Medical Course. During October he also attended Trainers course on Faculty of Physical Education and Sports on Charles University in Prague. This course was ended by examination. Kamil passed the exam so he now has 2nd level Training licence. Good work Kamil.

In TKD Strančice club is also one good student. His name is Filip Jiříčný, 1st Kup. From this year's September he helps during training as assistant. He passed exam and gained 3rd level Training licence. That's great.



New website design



www.taekwondocz.com

8 years passed from changing of face of Czech National Taekwon-Do Union website. But time is still going and we can see it also in sphere of web presentations. So it is time to follow new trends and redesign our website.

In August we started with preparation of new face of our website which follows actual trends and looks. During November we activated testing version and worked on its debugging. Now, at beginning of December we could say: We made it! But we do not stop with work because the work on website is like a never ending story...



Czech National Taekwon-Do Union ITF Strategic Plan for year 2020



The schedule of events for year 2019

Competitions

European Championship – 30th April to 3rd May - Bratislava, Slovakia

Czech Championship – 23rd May - Benátky nad Jizerou

AHAC Cup – Sentjur, Slovenia

World Cup – 5th – 11th October – Koper, Slovenia

Sonkal Open – Prague, Czech Republic

St. Nicholas Cup – Ml. Boleslav, Czech Republic

Devils Cup – Prague, Czech Republic

Christmass Cup – Strancice, Czech Republic

Eagles Cup – Hungary

Holland Cup - Netherland

Black Belt Cup - Austria

Non-competitive events

Demonstrations – promotion of Taekwon-Do

Recruiting new students to our schools

Sportcamp with Irish team IFSC Force

Summer camp Sparring - July 2020

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 2020

Weekend training camps

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

Courses and seminars

IIC – 9th -15th April – Seoul, Korea

National seminar - November 2020

Attendance at polish Central Wintercamp 2020 in Szczyrk

National trainers and referees course April 2020

Regional seminars

Self-defence courses for children in Kindergartens and Elementary schools



The strategic plan of CzNTU 2019

Grading

We are going to hold gradings to Kup and Dan.

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 2020 (included budget for competitions, 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). In year 2020 CzNTU will make and buy roll-up banners for each school to support their promotion.
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 2019, three of our clubs had been registered on Ministry of education and sports. In year 2020 we will support other schools to obtain registration too.



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

