

# Annual report of national association of Taekwon-Do ITF 2020



**Czech National Taekwon-Do Union ITF**



INTERNATIONAL TAEKWON-DO FEDERATION



1979

[www.taekwondocz.com](http://www.taekwondocz.com) AA 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 7 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 5 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 2019.

## Board of directors:



### **President CzNTU - ITF:**

Mr. Viktor Stein, International instructor IV. Degree

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tel: +420606551139

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



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

Ing. Lenka Kolofíková

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tel: +420737973557

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

Ing. Kamil Kolofík, International instructor V. Degree

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

Mr. Robert Pokorný

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## Plaques and fees 2020, annual report

In January 2020, 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 2019 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
503185	Jiří Holan	607652
481435	Josef Kubát	607653
500822	Jakub Roubal	610681
516495	Hana Scharffová Máchová	610683
510316	Ivana Bohatá	612354
507192	Lucie Bohatá	611698



## Wintercamp 2020



It is already the tradition, that the Taekwon-Do Lions trainee participate in Winter camp in polish skiing center Szczyrk, which locates close to the Czech border in the picturesque polish Beskids.

More than 70 sportsmen from different countries participated in the Camp this year. Apart from holding Poland participants, we could meet the Slovaks, French, Englishmen, Americans and also Czechs. There were a few champions from the last European Championships from Bosnian Sarajevo, so we have brought home valuable experience from the trainings with these top sportsmen.

The trainings were divided into 2 groups: children and adults. The master Jaroslav Suska, VII. Dan led the junior training and the adults group was led by the master Jerzy Jedut, VIII. Dan. The morning training focused on more traditional approach, such as preparing hitting spaces in kickshield exercises on supporting elbows of the sparring partners and we practiced on fundamental technics into kickshields. Afternoon trainings aimed on contesting and sport combinations. We practised self-defence technics as well as using outer obstacles (basically mattresses leaning on wall). We should kick e.g. 3 times in one jump – not rarely we observed 5 technics.

Each training shifted us a bit further, which was easily visible on any dobocks, that were soaking wet.

Not to waste and moment, each evening we held so called consultations, where we could practice and correct basic techniques and tuls. We call this exercise block the consultation because any participants can ask anyone more experienced (incl. Master) to help him with the technique or to correct it.

The last but one day just before lunch small surprise arrived for Master Jedut. The Jubilee of Master Jedut was celebrated in the circle of Taekwondo members.

In conclusion I would like to appreciate and thank for perfectly organised sport camp, where we could experience excellent trainings, nice accommodation and delicious food.

I am already looking forward to the next year.





## Talented Youth training session - January



Saturdays afternoon, 11th January 2020, took place training session for competitors and talented students. It was part of long-term preparation of national team to European Championship and World Cup in Slovenia. After careful warm-up we started with training. This time we have focused to speed development. Second part was focused to individuals techniques and also to tuls. Last part was about special techniques. We are looking forward next training session on February.



## The weekend training camp of TKD School Strančice is over



At February is need to think about preparation for approaching tournaments. Competitors should not depend only for usual trainings. If they want to try to get medall, they will have to sacrifice their spare time – for example make a free weekend to participate on training camp in south Bohemia.

The camp was intended for all trainees, who wanted to improve their TKD skills – not only for competitors. Camp started 1st of February. The programme was simple: trainings, eating, walks and trainings again. But trainings had very various content. There were 3 instructors – Tomáš Mácha, Josef Kubát and Petra Bláhová. Trainees were divided into several groups. We paid our attention to tulls, sparring drills, special techniques and also self-defence. Competitors for European Championship had their extra trainings. We enjoyed it soo much and we are looking for another common weekend.







## Talented Youth Training session – February



Sunday 23rd February we met again with members of National team. Today we had 4 training hours. We warmed-up with kicking-shields to improve speed of body and reaction speed. As next we tried many combinations and we ended this „speed part“ with rope-jumping. Next part was about tuls and basic movements. As last we focused to special techniques. Many thanks to our trainers...





## Our clubs continue with trainings through on-line channels



This year was affected by Coronavirus and many restrictions from our government and Ministry of Health. Regular trainings were practically impossible, and it was challenge for trainers and Instructors to stay in contact with their practitioners. So some of our clubs started On-line trainings.

Strančice´s club had two streamed trainings each week as substitution of regular training sessions. Also club TKD Lions made some training videos. And trainer from TKD Sparring Mnichovice, Jakub Roubal, made on-line training via ZOOM application.

Many thanks to all who cares about their students shape.



## Summer Camp of TKD Sparring Mnichovice



It started on July 13th, 2020 in Svor, near Nový Bor in North Bohemia. This year we had 45 participants who had to observe the rules and restrictions connected with pandemic of Coronavirus. Trainings were led by Instructors Kamil Kolofík (V. Dan), Jakub Roubal (II. Dan), Ivana Bohatá (I. Dan), Vendula Loušová (I. Dan), Daniela Richterová (I. Dan) and Jiří Beneš (I. Dan). Day schedule was very full of activities – two regular training sessions, one session for individual trainings with instructors, sport-games, during special days also some hiking and everyday challenges of course.

First special day was Wednesday, when few braves climbed up to peak named Klíč. It was not easy journey and also weather was their enemy – at half of their journey started to rain. But whole group showed their indomitable spirit and finished climbing up to the peak.

Second special day was Friday. All participants set out to conquer remains of Milštejn castle. It was very nice trip through nature and small hamlets. The length of trip was about 12 kilometres.

Third and last special day was Tuesday, when we wanted to visit Havraní skály (Ravens Rocks). Journey was very pleasant – the track was lined with lot of blueberries „groves“.

We hope that everybody was as same as happy as our instructors team, that we could meet despite the Coronavirus pandemic. We are looking forward next year camp with even more fun and less restrictions.



## Summer camp of TKD school Strančice was great



We were pleased, that we could hold summer camp this year. Due to Covid we had to cancel our traditional spring camp – the more we enjoyed summer camp, because our trainees felt the lack of collective intensive training days.

It started on third July weekend. More than 40 children participated on this year camp in Borotín, South Bohemia. Experienced trainers led 3 or 4 trainings a day and whole spare time was devoted to our Camp-game.

For two last days of camp we gained a lot of new energy from group of adult trainees, who came to enjoy trainings with us. So finally there were more than 60 trainees in our gym. Preparation of trainings and whole programme was very demanding, but it was worth it. We got lot of new experiences and the atmosphere of camp was exceptional again.

We trust that last half-year did not suck our desire to do exercise and meet each other.





National Sport Agency registration



**NÁRODNÍ  
SPORTOVNÍ  
AGENTURA**

This year we were trying to register CzNTU under Czech Ministry of Education and Sport. After long negotiations and talks with representatives of this institution we found out that registration of sport associations was newly delegated to National Sport Agency. So negotiation started all over again from beginning.

**But this time we were appreciated by very important document:**

**Recognition of CzNTU as association governing Taekwon-Do ITF in Czech Republic.**





## Hopi cup 2020



Taekwon-Do is not only to repeating techniques in gym. Also it is important to improve shape. One of the way how to achieve it is jogging or cycling.

It is tradition that trainer Ivana Bohatá (I. Dan) from TKD School Sparring is participating on cycling competition – Hopi Cup. She started on 50 km track. This year she performed her superb shape and won ladies cateogy with big margin to second girl from team Eurowag Říčany.

Also instructors from TKD Lions – Kamil and Lenka Kolofík accompanied by their 5yo son – participated this competiton.

It was not only about competing, but also about meet friends. This year was endangered with Covid restrictions. Many thanks to organizers. We hope that next year we will meet again.



## Help with promotion for our clubs

Taekwon-Do  
Lions

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Autorizované centrum pro výuku Tae50kwon-Do ITF

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TAEKWON-DO ITF STRANICE

CZECH REPUBLIC

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www.taekwondo-stranice.cz

TAEKWON-DO SPARRING ITF

ŠKOLA TAEKWON-DO SPARRING ITF  
Autorizované centrum pro výuku Taekwon-Do ITF

Čestnost  
Zdvouřilost  
Vytvalost  
Sebeovládání  
Nezkrotný duch

Oddíly:  
Čerčany, Kunice, Velké Popovice, Mnichovice

+420606551139  
skola@taekwon-dosparring.cz  
www.taekwon-dosparring.cz

During last Member´s meeting of CzNTU we approved support for our clubs. Realization was scheduled to Autumn 2020. CzNTU gave its clubs new promotional materials.



## Some look back to the start of the new season 2020/2021 in Stránčice 's club



In the new school year, we met in the Sokol hall to start the new season. We were pleased to see our old friends on tatami (few of them we have met for the last time in March 13th).

Same as the last year, when the planned seminars and tournaments were cancelled, the planned tournaments did not go out well. Contests in Hungary, world championship in Slovenia, all of that is postponed to the better times.

Nevertheless, we managed to participate on one action. Local festival Shining of Stránčice hosted our exhibition. The Family centre Lodička (boat) the main organizing company did not have an easy task, but nevertheless they managed to please some 900 visitors. That is really a thing!

Our experienced contesters were at that time in the preparation process to on-line event so the responsibility to show the Korean self defence art laid on the youngest trainees. Members of the Taekwondo-Do ITF Stránčice club showed tulle and self defence. We could see some high kicks to kick shields and some boards were broken. Representation of our school and national organisation ČNUT worked out well and we were pleased to enjoy outer public event, when it was still possible.

Taekwondo-Do ITF Stránčice trainers





## Phenomenal success of Czech Republic on E-World Cup



14240 Individual Male 15-17 years Pattern 4.-1. Gup

BRUCKNER TOMAS TKD STRANČICE CZECH REPUBLIC	ROJKO ADAM TKD STRANČICE CZECH REPUBLIC	LOS FRANCISZEK POZNANSKI SPORTOWY KLU... POLAND	KYRKJEEIDE TOR KRISTIAN OSLO ØST TKD NORWAY
2	1	3	3



In spite of very difficult situation (especially for sportsmen) competitors from Taekwon-Do ITF Strančice reached phenomenal success. Strančice was the only one Czech club, who participated on first e-Tournament in Taekwon-Do ITF (ITF Taekwon-Do World Open E-Tournament 2020), 3rd to 23rd October 2020. There were 39 countries participating, 164 clubs or National associations. Thanks to competitors from Strančice, Czech Republic ended at very nice 6th place in countries rankings. In clubs rankings Strančice ended at 3rd place in competition of clubs from New Zealand to USA.





## Phenomenal success of Czech Republic on E-World Cup

The electronic competitions was a little bit complicated because of quarantine one of the competitors. But Instructors dedicated their time and work to help all competitors. We had there 11 competitors in categories Tull and Pre-arranged sparring. In each round instructors had 24 hours to record video with competitor and upload it into special application. In some of categories were as many as 64 competitors. Instructors were very happy when half of their team get through to semifinal. One of the final-fights was between two Strančice's competitors! It was category of Junior Male Tul 4th-1st gup, Adam Rojko vs. Tomáš Brückner. And there are our results:

Adam Rojko 1st in tul

Klára Klečková 1st in tul

Daniel Chvojka 1st in tul

Tomáš Brückner 2nd in tul

Rozálie Pačesová 3rd in tul

Alexej Vištal and David Pačes 3rd in pre-arranged sparring

Anna Benešová 5th in tul

Daniel Škvor 5th in tul

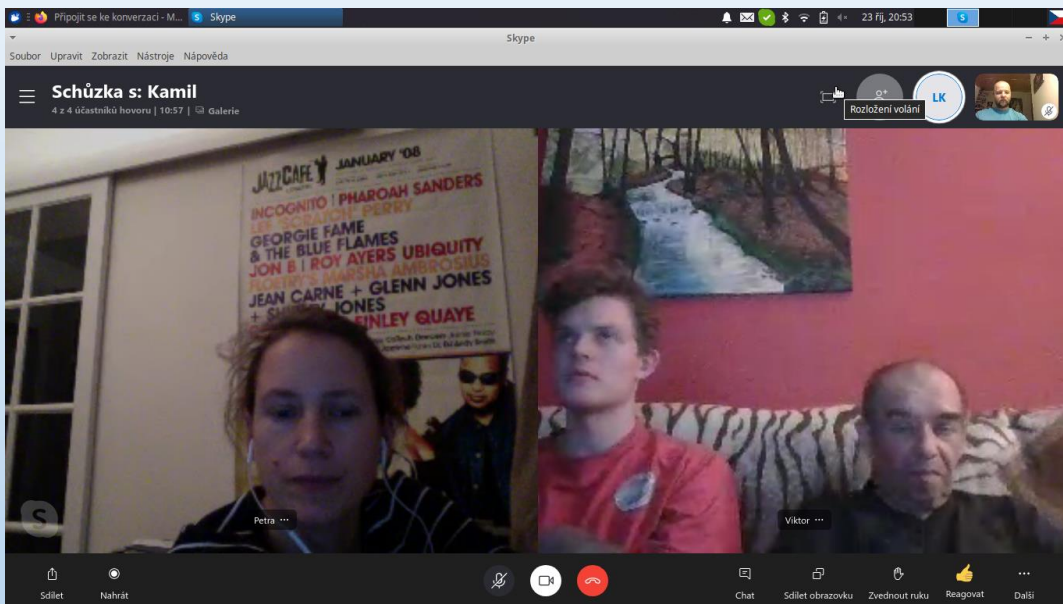
Samuel Pasler 5th in tul

Ivana Klečková 9th in tul

All competitors performed excellent performance and effort. It emerged that doing exercises in high quality is possible also in this hard time, when trainings are restricted or impossible. This e-tournament is proof of the fact that competitors did not lost their shape and enthusiasm for Taekwon-Do not in this Covid-era. And for Instructors – Petra Bláhová, Tomáš Mácha, Josef Kubát and Jaroslav Urbánek – it is encouragement to further work with their students.



## Members meeting of CzNTU



October 23rd, 2020, Members meeting of CzNTU was held – this time as online meeting. Representatives from 3 schools participated on this event. We talked about this strange year when lot of events had to be cancelled or postponed.

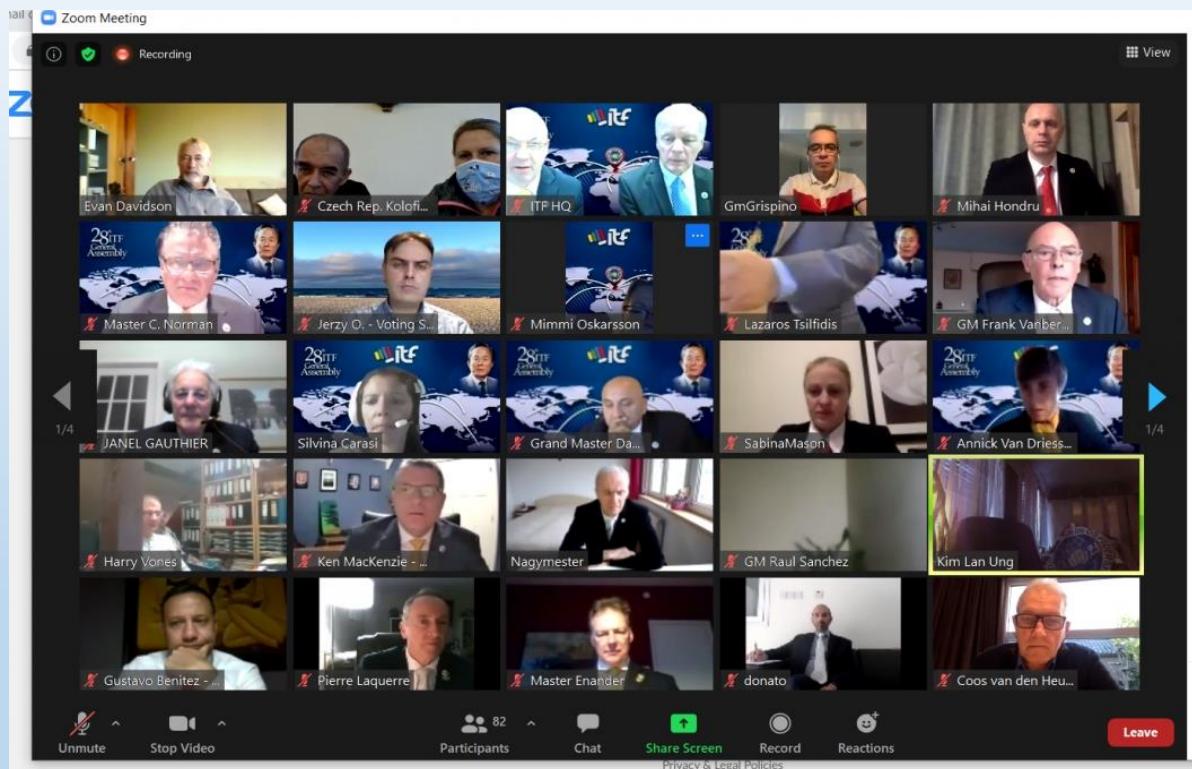
Main topics were:

- assessment of this year project – promotional support for clubs
- presentation of financial balance and assessment of - financial situation
- preparing schedule for next year
- presentation of results of communication with
- National Sport Agency

At the end of meeting, representatives from Strančice TKD school presented us their experience from e-Tournament.



## 28th ITF Congress



Representatives of CzNTU participated on first on-line Congress of ITF on November 15th, 2020. It was extraordinary experience to meet with friends from all over the world through PC screen. Many thanks to all who was involved into developement of the voting platform and also to all from ITF office for their year-long hard work.



## We started our live-streaming lessons in March 2020 and we continue our training



We had many plans for 2020. Our calendar was full of events such as training camps, competitions, seminars, etc. We were supposed to train even harder and have more fun together. We planned to visit tournaments abroad, including the 8th World Cup in Koper, Slovenia.

However, COVID-19 has dramatically affected us and our training.

We were required to stay at home in early 2020. As we saw the situation change around the world, we wanted to be ready to keep going through our training and find out how we can stay fit and in touch with our students during COVID-19. We didn't want to cancel our lessons and stop our training altogether. Our gyms were closed on Friday, March 13th for the first time in 2020. We had the first live-streaming lesson via our YouTube channel the first week of our lockdown on March 17th!

The trainers of the Taekwon-Do ITF Strancice club, Tomas Macha (V. dan), Petra Blahova (III. dan), Josef Kubat (IV. dan) and Jaroslav Urbanek (IV. dan), have streamed over 30 hours of TKD training.

We were lucky to be able to walk outside and do individual outdoor activities in the Czech Republic. We all know that these activities, such as bicycling or running, have become a safe and favorable option for us. The workouts or exercises in the surrounding natural spaces definitely have a positive impact on our mental and physical health, especially now. But for us as taekwondo practitioners, it is very important to practice the technique. Our bodies should not forget how to execute the blocks, kicks and punches.

We, as the coaches, have been trying to achieve our goals – to retain our Taekwon-Do techniques as much as possible and keep the community club strong even during the long time of separation.





We started our live-streaming lessons in March 2020 and we continue our training



We have been proactive in creating monthly challenges to inspire young athletes to develop more interest, have fun, and/or embolden their parents to participate every day as well. Here are some examples: 5 minutes in different forms of plank, 5 minutes for precise kicks, cold showers for our immunity, daily water drinking routine, etc.

Despite restrictions, we have been trying to figure out different ways to keep our students involved in Taekwon-Do and enjoy exercising at home.

Fortunately, after all of these cancelled or postponed live tournaments and events, we had an opportunity to participate in the first E-Tournament in ITF History.

It was so nice to see that our students were competitive and they could see the results of their continuous work. And the medals from this ITF Taekwon-Do World Open E-Tournament were a reward for the coaches too.

Even though the continuing streaming lessons are not as fun as training together, we still put the energy into it and try to stay in a good mood and fit for 2021!

Petra Blahova, III.dan  
Taekwon-Do ITF Strancice



# Czech National Taekwon-Do Union ITF Strategic Plan for year 2021



# The schedule of events for year 2021

## Competitions

Czech Championship – Benátky nad Jizerou, Czech Republic – 5/2021

World Championship – Tampere, Finland – 6. - 14.9.2021

European Championship – La Nucia, Spain – 23. - 28.11.2021

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 2021

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 2021

## Weekend training camps

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

## Courses and seminars

National seminar - November 2021

National trainers and referees course April 2021

Regional seminars

Self-defence courses for children in Kindergartens and Elementary schools

## Grading

We are going to hold gradings to Kup and Dan.



# The strategic plan of CzNTU 2021

## 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

- Financial plan for 2021 (included budget for competitors, seminars etc.)
- Control of outlays and resources of CzNTU
- Put the stress for promotion of events and clubs (posters, commemoratives as pens etc. – cooperation with sponsors)
- Actualization of materials for sponsors (what we can offer to them)
- Periodically fill request for grants from municipals, ministries etc. – fund for National team , grant from Ministry of education and sports

## Communication

- Straight communication with members – periodically actualization of website
- Active using of social nets (mainly Facebook), maintain youtube-channel, Google+
- Requests for registrations in national sports authorities – Czech Olympic Committee; in year 2020 CzNTU was registered at National Sport Agency.
- Informative support for trainers – sharing (eg. Download on website)
- Make press releases to all events in Czech Republic and send them to AETF and ITF to publish
- Publish bulletin periodically





# The strategic plan of CzNTU 2019

## Education and trainings

- Prepare materials for trainers – recommendations, model trainings
- Focus on teaching trainers in various areas (pedagogy, health life-style, medical care, work with children, fyziology, legal system etc.)
- Support for trainers in additional education (FTVS Prague and other courses )
- Organize course for trainers and competitors
- Organize common trainings only for trainers and assistants – unification of techniques, information from IICs, consultation about leading trainings

## Competitions

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

