

# Annual report of national association of Taekwon-Do ITF 2021



**Czech National Taekwon-Do Union ITF**



[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 4 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 4 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. President was elected at extraordinary General meeting at 2021.

## Board of directors:



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

Mr. Jakub Roubal, III. Degree

Contact:

tel: +420774170708

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



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

Ing. Lenka Kolofíková, International instructor IV. Degree

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



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

## Plaques and fees 2021, annual report

In January 2021, member fees for Czech Republic's NA Czech National Taekwon-Do Union were paid memberfees for ITF and AETF.

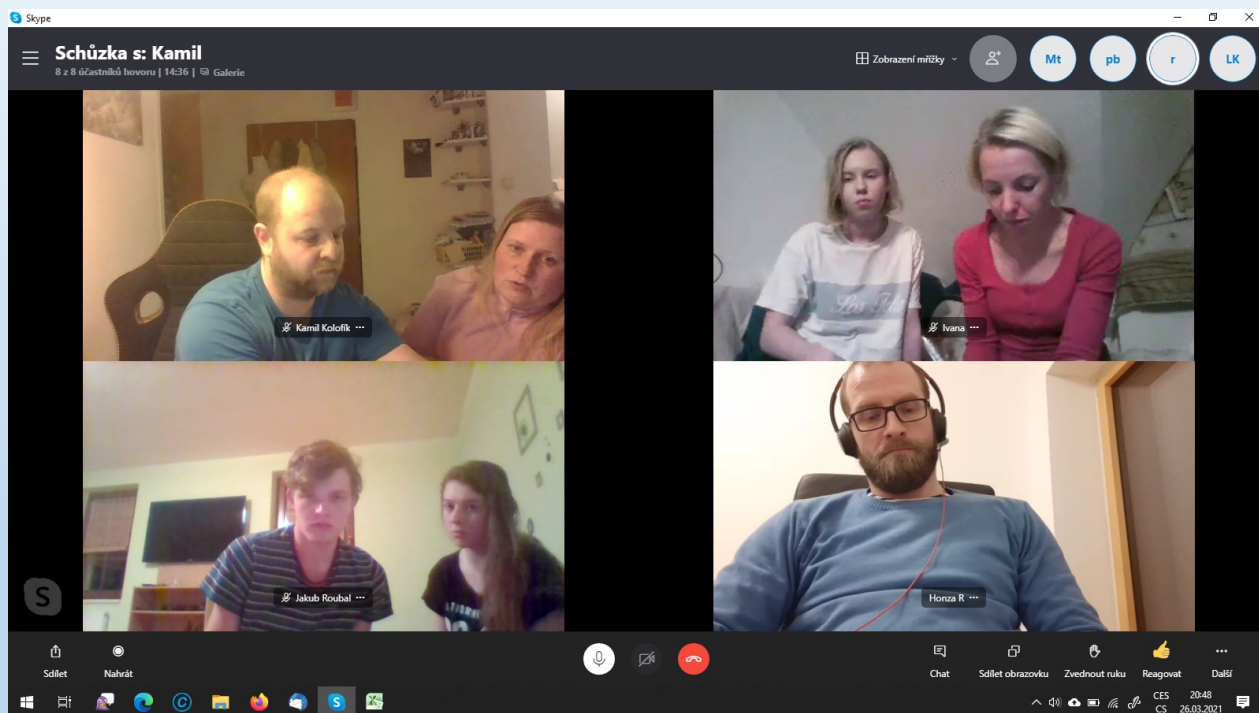
The annual report of the year 2020 was done. This has been authorized by Board of Directors of CzNTU and sent to ITF and AETF Headquarters.

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



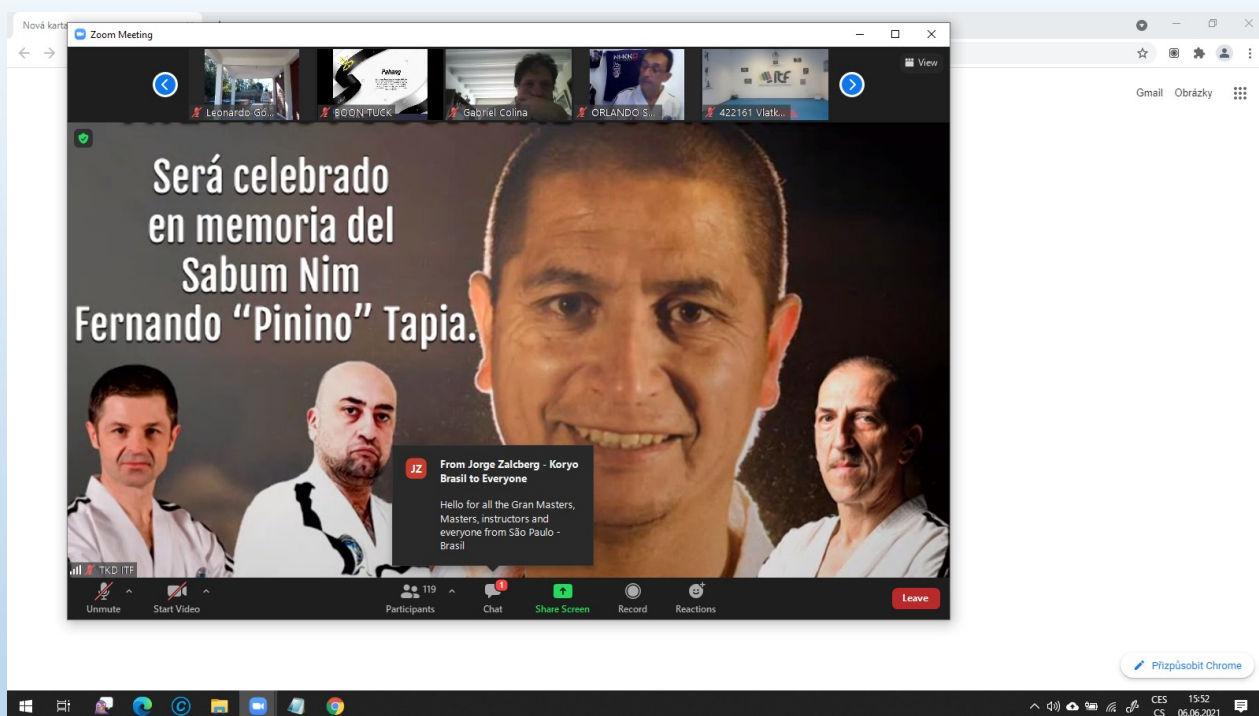
## Online meeting of the Council of the Czech National Taekwon-Do ITF Union



26.3. another meeting of the Czech Taekwondo National Taekwondo Federation (CzNTU) Council took place, which had to be limited to the online form again due to the still valid governmental measures. The main point of the meeting was this time to call an extraordinary membership meeting after the sudden death of the long-time president of CzNTU, Mr. Viktor Stein. But other very important topics were also discussed, including the proposals for this year's events as well as the financial report for the previous year and the budget for the current year. The meeting was very stimulating and was accompanied by a lively and, above all, fruitful discussion, as several new points came up for consideration.



## First FujiMae On-line Tour



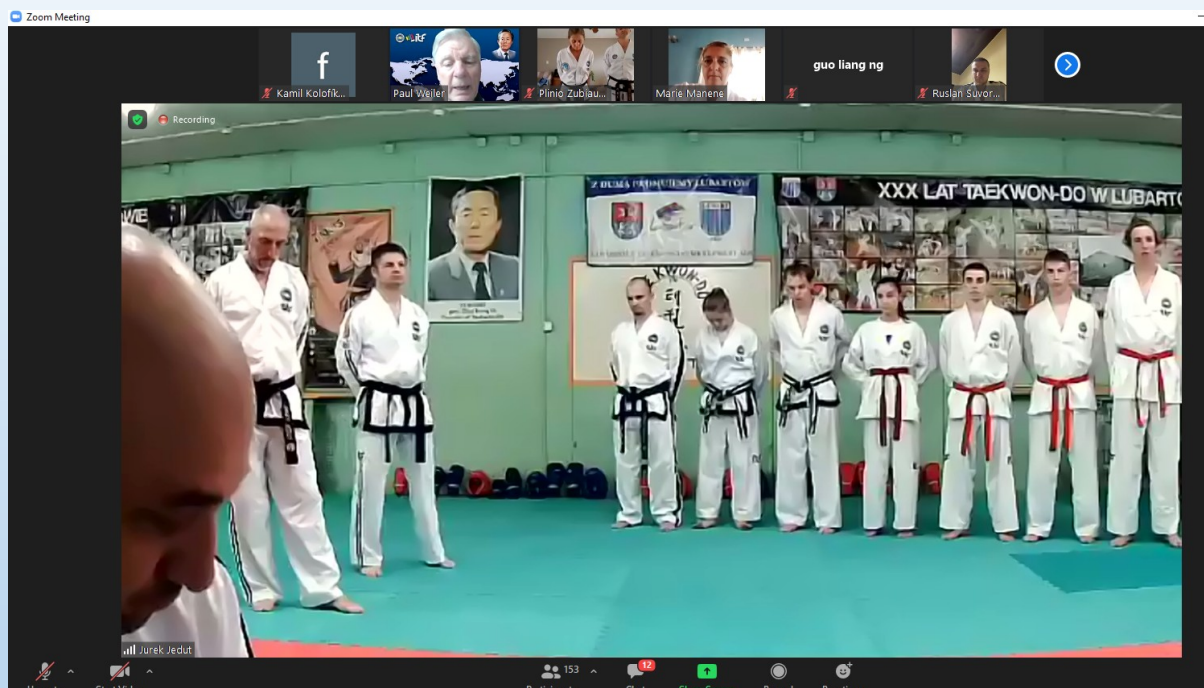
Coaches also need to further their education and so the Chairman of the Technical Committee of the CzNTU, Kamil Kolofík, participated in the online seminar First FujiMae Online Tour.

The seminar was led by group of the most competent persons- Master Jerzy Jedut VIII. Dan, Master Jarosław Suska VII. Dan and int. Inst. Leonardo Oros Duek VI. Dan. Furthermore, the pupils of the Polish club of Master Jedut MKS Lewart AGS Lubartów were at the hands of the masters and for demonstration in the Lubartow gym, where the stream came from.

There were more than 160 participants. As special guest we could meet the President of Taekwon-Do ITF Grandmaster Paul Weiler, who gave a short opening speech. There were also other very important Taekwondo personalities - for example Grandmasters Kim Ung Lan and Hector Marano. The attendance was truly world class - we could see masters and instructors from America, Europe and Asia.



# First FujiMae On-line Tour



The four-hour seminar was divided into several blocks. It started with warm-up exercises and some basic techniques with an focus on the correct sine wave, both performed by Master Jedut. In the next block, Master Suska analyzed the Yul-Gok and Ge-Baek patterns in detail, pointing out the biggest difficulties of these patterns and the most common mistakes. The following block was in charge of the int. ins. Duek - it was a self-defense block, where he started with simpler self-defenses for the youngest taekwondo students and later added some techniques for older students. The next block, again very interesting, was focused on 3, 2 and 1 step sparring. Under the leadership of Master Jedut, his students performed several sparring routines with different techniques. The technical side of sparring was always highlighted - distances, angles and measuring if necessary. And Master Jedut was also in the lead for the last block, which was a demonstration of techniques from patterns that are not practiced that often. Here the master strongly appealed for their more frequent inclusion in training and their consistent practice. In this block were also included a few exercises in the protectors - it was mainly about the movement in the ring to keep the distance, changes of movement directions,

All of the above mentioned Masters deserve great appreciation for this perfectly prepared seminar, which was also presented in an on-line format, which was certainly big challenge. Last but not least, a big thank to the students of the MKS Lewart Lubartów club for their precise demonstrations.

I firmly believe that at the next seminar we will be able to meet in the gym and not in front of the screen.



## First aid course



The next step in education, which is also very important for trainers, is the successful passing of the course called First Aid Member by our trainer Lenka Kolofíková (IV. Dan).

The course with a duration of 80 hours took place over the few weekends in April and May at the training centre in Prague. It was a course accredited by the Ministry of Education and was conducted by professional paramedics and medical staff.

As the name indicates, the main topic of the course was first aid. And not only in the theoretical level, but especially in the practical one.

In the First Aid section, we not only reviewed how to proceed when an injured person is found, but also learned the correct way to perform cardiopulmonary resuscitation using dummies. We also learned about the equipment of the ambulance and tried the application of fixation aids and the use of some diagnostic equipment.





## First aid course



The teaching paramedics strongly highlighted the positive effect of the increasingly available automatic external defibrillators, known by the acronym AED. These are now a common part of equipment in shopping centres, public offices, large companies, infocentres and sports centres. Some police cars are also equipped with this life-saving device.

The course also included lectures on hygiene and epidemiology, care of the sick, basic medical documentation, pedagogics, mass emergencies, triage of the injured and procedures at the accident scene.

We hope that it will not be necessary to use the acquired knowledge and experience in practice. But if something like this does happen, we will know how to help.



## Sport Psychology



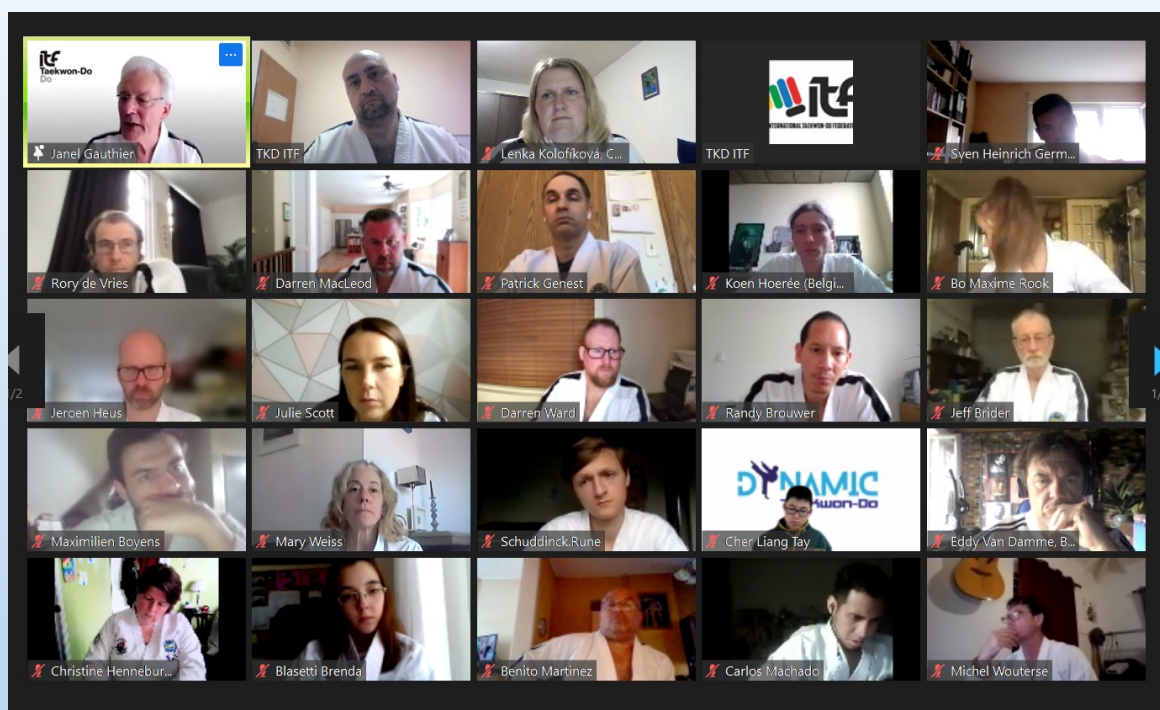
On Sunday 20th June afternoon run online seminar named Sport Psychology. Lecturers, Prof. Dr. Janel Gauthier and Sbn. Leonardo Oros Duek conducted very engaging class. More than 50 instructors, trainers and assistants were participated on this event.

The workshop was opened by the ITF President, Grandmaster Paul Weiler, who welcomed the seminar participants as always with a kind smile.

The first part of the workshop was led by Sbn. Leonardo Oros Dueka (VI. Dan) from Israel. He had prepared some photos and pictures for us to think about at the beginning. The participants could say how they felt about the pictures or what they saw in them. He introduced us to the main goals of sport psychology and also its history, which dates back to 1879. He used examples to explain what mental strength means, how to change our internal settings (our own thought processes) and the importance of internal positive talk.



# Sport Psychology



The second part of the lecture was given by Professor Janel Gauthier, Doctor of Psychology (VI. Dan) from Canada. He focused mainly on explaining the characteristics of winners and the perception and effect of internal and external influences. He also stressed that effective training is mainly about a balance between opposing elements e.g. training vs. rest, work vs. play etc. According to his lecture, a very important part of training is also the correct setting of goals and appropriate psychological influence on the student or competitor. He always explained everything properly with examples, which is often very essential for understanding psychology. Finally, there was space for questions, which were not few.

The participants expressed their gratitude to the lecturers for their very educational presentations, and we were assured by Sbn. Duek that it was definitely not all about sport psychology. The second part of the seminar is already being prepared and we are already looking forward to it. It was nice to see familiar faces again, even if only through the screen, but we hope for better tomorrows and soon meetings together...



## Summer camp in Hrachov



Not even a global pandemic can stop the desire to exercise. Members of the Taekwon-Do Sparring Mnichovice school as well as people who are not familiar with this art of self-defence went to a summer self-defence camp in the middle of July. This year we were able to lay our heads down at the Star line Hrachov recreation centre. Taekwon-Do Sparring school coaches (Ivana Bohatá I. Dan, Lucie Bohatá I. Dan, Jakub Roubal II. Dan) and Taekwon-Do Lions school coaches (Kamil Kolofík V. Dan, Lenka Kolofíková IV. Dan) took charge of the lessons. In the first days the nature was not very kind to us and the river Blanice flooded most of the area under water. Not only taekwon-do practitioners, but mainly the organizers and other camps showed indomitable spirit, the situation was saved and the camps could continue. We were thus allowed to experience the joy of daily morning runs and morning and afternoon training sessions that were dedicated to fitness, self-defense, sports disciplines, fundamental techniques, balance and much more. In the afternoon there were opportunities for various sports activities and in the evening there was a space where individuals could arrange individual lessons or participate in breathing exercises under the guidance of Ivana Bohata. During the camp we could not miss a trip, which this time was to the town of Kamýk nad Vltavou, where we visited the ruins of the castle. Throughout the camp the participants were guided through the individual chambers of Shaolin prepared by David Roubal, where they could train their endurance, agility, knowledge and entertain the rest of the camp with their cultural performance. At the end of the camp, well-deserved rewards were prepared for the best practitioners. At the end, there were grading, after which Martin Bambas received the I. Dan. The camp was coming to an end, but the enthusiasm from it will last until next year, where we will definitely meet again.



## Summer camp in Borotin



On the third week of July in South Bohemia there was a week-long training camp of Taekwon-Do ITF Strančice. The camp was prepared by coaches Tomáš Mácha, Petra Bláhová and Hana Máchová. Ladislav Túry, a member of the Army of the Czech Republic, also accepted the invitation, and so intensive lessons of self-defence and health science were not missing, as well as news from the world of fitness and rehabilitation exercises. The moments of relaxation, which were not very many, were enriched by Láďa's story from the mission in Mali, Africa, where the Czech army operates.

In addition to three training sessions a day, a game was again prepared for the children. Four teams performed difficult tasks. On Thursday, the "Spartan Race" was on the agenda, where the indomitable spirit of the Taekwon-Do athletes was not denied!

You can find out more from nearly 400 photos, mapping the day by day.

<https://www.facebook.com/media/set/?set=a.265582252034423&type=3>

At the training camp everyone learned a new routine and tried new self-defences, but most importantly we all enjoyed our days together on the tatami, which we have missed a lot in the last months.

Thanks to Monika Horakova, our always positive doctor.

For some of us, with the end of the camp, it was time to rest, but for the representatives, the preparation was just beginning. On September 4, 2021 the 1st Online World Championships will start. So please keep your fingers crossed!

And on Tuesday, September 7, the new season starts in the Sokol Hall in Strančice.

Have a great end of summer everyone!

Coaches of TKD Strančice



## Grading in Strančice



At the end of club's summer camp trainers organized grading for their applicants for black belts. Grading was led by International Instructors Tomáš Mácha (V. Dan) and Josef Kubát (IV. Dan). They had to put to the test two applicants – Samuel Pasler and Daniel Chvojka. Both are great competitors but despite this they were very nervous in this moment. Practical part took more than one hour as same as theoretical one. Both applicants were successfully promoted to I. Dan.

Huge congratulation to both of them. Good luck to Samuel – now he can participate on Online World Championship.



## Summer camp Firlej 2021



At the end of summer holiday, two of our members - Kamil Kolofík (V. Dan, trainer of Taekwon-Do Lions Poděbrady) and Jiří Beneš (I. Dan, assistant of Taekwon-Do Sparring Mnichovice) set out to summer camp to Firlej, Poland. The event was organized by school MKS Lewart AGS Lubarów. Trainings were led by legends of Taekwon-Do world – Master Jerzy Jedut VIII. Dan, Master Jaroslaw Suska VII. Dan and International Instructor Michal Cytryniak V. Dan.

Each day was fulfilled by excellent morning and afternoon trainings and above it each participant could take advantage of evening personal consultations with instructors.

Camp participants were not only from Lubartow's club, but from whole Poland.

On the way back home, our guys visited some historical objects – museum of Majdanek and Bedzin castle.

Many thanks for this great event.



## National Seminar 2021



After having missed last year's event, this year we were again honored to organize the National Technical Seminar under the leadership of Taekwon-Do legend - Master Jerzy Jedut, VIII. Dan. The event took place during the weekend of 13th and 14th November in the gym of the Emil Kolben Elementary School in Strančice.

The event was well attended by 52 participants from 6 Taekwon-Do schools from all over the country, from white belts to VIII. Dan. This year we were also honoured with the participation of Masters Rostislav Kaňka and Ondřej Vrábel.

The Saturday morning block was also for the holders of the lower colour belts and therefore it started more leisurely - some games to warm up, light stretching, basic techniques. The kick-shields were also put to use - we jumped on them and kicked them as well. In simple words, Master Jedut knows that practically every equipment has a multiple use.





## National Seminar 2021

After the morning session, it was clear to all participants that this will be, as always, a very dynamic seminar - no long talk, but a lot of exercise. The afternoon session was focused on patterns and the basic techniques used in them. Not only that the exercises were physically very difficult, but the quick change of different patterns and practicing techniques tested our ability to concentrate. Tuls were practiced up to the black belt. After five o'clock in the evening a group of physically and mentally tired people left the gym, but all with smiles, many ideas to think about and new exercises for themselves and the students in their clubs.

Sunday session was designated only for the black belt holders and the patterns from Kwang-Gae continued.

The patterns were accompanied by repetition and practice of three-step sparring in both one-way and two-way versions. Those, who attended the Saturday part of the seminar, showed visible signs of tiredness after the morning session. Many of them were happy to take advantage of the refreshments as pizza and possibly a cup of coffee.

The afternoon block was dominated by higher master patterns. We did all up to the Moon-Moo. Again, sparring drills were included for mental distraction, this time it was two-step and one-step sparring. The master prepared very interesting combinations of techniques. Some of them might have seemed impracticable at first sight, but in the end almost all the practitioners managed to literally fly through the air under the Master's careful supervision.

After the last bow, the President of the Czech National Taekwon-Do ITF Union, Jakub Roubal, and the coach of the Taekwon-Do Strančice club, Petra Bláhová, gave the prepared gifts to Master Jedut and thanked him on behalf of all of us for another excellent seminar.

Although it would have been a nice ending to the article, for some participants the day was not over yet. After the seminar, exams for the higher technical levels were held. The exams for the second Dan were requested by Ms. Vendula Loušová and for the third Dan the president of ČNUT, Mr. Jakub Roubal (both from Sparring Mnichovice School) applied.



## National Seminar 2021

Those who have ever seen the exams under the guidance of Master Jedut know that it is definitely not easy. Both of them, in addition to their new patterns, practiced several lower ones. Then followed a number of basic techniques, a large number of sparring, special techniques and a big pile of broken boards. Of course, there were also theoretical questions. Although the Master had a few comments on their performance, both candidates convinced him that they could be promoted and are now 3rd and 2nd Dan. Congratulations to both successful candidates!

Every event comes to an end and so we too had to say goodbye to the Master in the end.

Once again we are very grateful especially to Master Jedut, who was willing to come and lead our seminar even in this difficult time. As always we take with us a lot of new knowledge, comments on techniques and especially many common experiences, which are so valuable especially in this period.

Many thanks also to Master Vrábek, who translated throughout the seminar and added his own perspective on some of the techniques.

We also thank all the participants for their participation and their exemplary respect for all the locally valid regulations and the stricter hygiene regulations.

And we must not forget to thank the Emil Kolben Primary School, who warmly welcomed us in their school gym and prepared great facilities for us.

We are looking forward to seeing you again next year at the next edition of the National Seminar or even earlier at one of the joint events.



## Weekend training camp Zbraslavice



At the end of the season, the situation improved and we were able to fully enjoy sports weekend together and the last outdoor training sessions of the school year.

On Friday, June 4, 2021, we went to Zbraslavice for a training camp. We practiced outdoors and in the gyms on the tatami, we used the breaking racks, and we aired out our protectors.

In Zbraslavice, the results of the competition that took place during the previous streamed training sessions were announced. Markéta Picková collected the most points for correct and quick answers and became the winner.

In the evening we had fun with volleyball, but we also devoted ourselves to individual technique corrections and preparation for the exams.

The grading was held at the penultimate practice, this time unusually outdoors. Everyone passed them successfully. It was a reward, but also a motivation before the holidays.

We would like to thank all those who supported us, those who persevered and trained with us all that "online time", and those who came back to train in the spring or will return in after the holidays in September.

Coaches of TKD ITF Strančice



## Demonstration at the Strančické záření festival



In September we started a new season and we all gathered on the tatami in the Sokol Hall in Strančice. And on Saturday 25th September we supported a local event in Strančice, the music festival "Strančické Záření". Last year at the festival you may have seen our demonstration where the kids practiced patterns, put on protectors and also demonstrated how they would defend themselves against an opponent. This year between 2 - 5 pm we had a tatami set up in the park where you could ask the coaches and practitioners in person what you wanted to know about the Korean art of self-defense, Taekwon-Do ITF. However, it was also possible to directly try some kicks and punches. Coaches and practitioners were happy to advise and explain how to do it. It was a beautiful Saturday afternoon, full of interesting events and workshops. The Taekwon-Do ITF Strančice school would like to thank you for the invitation and the nice atmosphere.



## President Election



The year 2021 was marked by a great loss for Czech Taekwon-Do. After a long illness, which he fought bravely until the end, the president of the Czech National Taekwon-Do Union ITF, the head coach of the Sparring Mnichovice school, international instructor Viktor Stein left us in March. The new president of the CzNTU was elected at an extraordinary general meeting held on 23 April 2021. The vote was unanimous. Mr. Jakub Roubal, holder of the 2nd Dan, head coach of the Sparring Mnichovice school, was elected as the new president. We congratulate him on his election and wish him perseverance and indomitable spirit in fulfilling such an important position.



## CzNTU regular meeting

During the year, representatives from the clubs and the CzNTU leadership held regular monthly and special meetings via video conferencing using the Skype platform, which allowed us to meet during the arrangements related to the COVID-19 disease pandemic. During the meetings, tasks necessary for the running of the union and the organization of events were discussed, while deepening communication between the clubs.





## Ataxon Taekwon-Do Open



On 4.12. after two years Taekwon-Do Sparring Mnichovice school participated in the Devil's Cup organized by TKD Sonkal Prague. It brought seven competitors to this event, four of whom also acted as referees. After exciting battles, they gained new experience and a total of three gold, one silver and two bronze medals.

There was still a sense of tension moments before the tournament as to how the organizers would handle the competition despite the precautions against the SARS-CoV-2 virus, but with the opening ceremony we were able to enjoy a strong competitive atmosphere with over 170 competitors.

We thank the organisers and look forward to the next event together.



## 29th ITF General Assembly



On 18th December the 29th ITF Congress took place and again after a year through computer monitors. On behalf of the Czech National Taekwon-Do Union participated the President Jakub Roubal III. Dan and secretary Lenka Kolofíková IV. Dan. The whole evening was marked by regret for the current situation, but was also uplifted by the Christmas atmosphere. Among the items approved was the holding of the World Championships in Tampere, Finland in 2023, postponed from 2021. In addition to noting the move of the ITF headquarters to Switzerland, there was also strong support for the "Back to the roots" project to help spread Taekwon-Do ITF and to enable world events to be held in Asia.

The farewell was made with the wish that the next congress will not be held virtually but live. We thank the ITF leadership for their hard work.





# Czech National Taekwon-Do Union ITF Strategic Plan for year 2022



# The schedule of events for year 2022

## **Competitions**

Czech Championship – Benátky nad Jizerou, Czech Republic – 21.5.2022

World Cup – Koper, Slovenia – 1.10. - 10.10.2022

European Championship – Porec, Croatia – 26.4. - 1.5.2022

Sonkal Open – Prague, 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 2022**

## **Summer camp Strancice**

## **Weekend training camps**

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

Winter Camp of Polish Taekwon-Do Association - 2/2022

## **Courses and seminars**

National seminar - November 2022

National trainers and referees course April 2022

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 2022

## 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 2022 (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)
- Regularly 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, Instagram
- 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 2022

## 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 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

