

Bulletin national association of Taekwon-Do ITF



Czech National Taekwon-Do Union ITF

SUMMER CAMP 2015 BULLETIN SPECIAL





Summer camp – day 1



And it is here again... After one year we met again in plentiful number to spend 12 nice days with Taekwon-Do in Podolí I near the town Písek. Participants had arrived one by one with their parents who leaved after check in. Finally all participants from Taekwon-Do clubs of CzNTU arrived and on top of that arrived also few children interested in to start with Taekwon-Do. After settle in our nice huts we get acquainted with the camp rules.

During the afternoon children played some ball-games, did individual trainings with black belts and surveyed whole compound. After very good dinner we found out one positive thing - not all of nice new camp T-shirts are dirty even though we had Spaghetti bolognese.

The evening was about preparation of hut-flags, which will be during next nights guarded by night-guards to prevent a flag-theft by dangerous ninjas from the forrest.

This year we have again a very good team of supervisors:
trainers – Int. Inst. and president of CzNTU Mr. Viktor Stein, IV. Dan, Int. Inst. and chairman of Technical committee Mr. Kamil Kolofík, IV. Dan, trainer of school Benátky n/J Mr. Jan Růžička, III. Dan.

doctor – MUDr. Jana Maršíková

supporter and photographer – Mr. Robert Pokorný.



Summer camp – day 2



First official training was leaded by int. inst. Kamil Kolofík. Participants were divided to few groups according to technical degrees and started to train techniques, which they can use in selfdefence during the second part of training.

Afternoon training was about special techniques. Trainers were surprised with skilfulness of children. Members of national team showed us high level of techniques, but we also discovered few new talents – the best of children was Martin Bambas. As a reward he got GPS of hidden sweet treasure.

At evening, participants could try their techniques in practise – children of another camp in area stole our hut-flags during our dinner. We are sure, that they will not do something like this again, because after we rescued our flags many of them ran away and on top of that one or two strangers escaped their hut through window.

For us, it was a funny end of our second day...



Summer camp – day 3



During the 3rd day the weather was tropical. After breakfast we started with training. First training began with tag game - in pairs with one leg tight together. We have divided our group to beginners and advanced taekwondo players to beginners can better acquaint with basic techniques. The afternoon training was in pool because of the very high temperature. We have tried kicks and punches under water surface. The training was finished with swimming competition. The winner was Zdenek Lhotka, the best girl was Daniela Richterová. Evening training was focused on Yopchagi and its modifications. This day also the first unexpected control of huts tidiness have passed off.



Summer camp – day 4



I can not believe that the time run so quickly. Today we start morning training with new warm up – football in pairs with legs tight together. Afterwards we trained how to block kick attacks. Younger athletes tried many selfdefence techniques. During afternoon other training of special techniques. This time winner was Jakub Roubal. At evening some friends have visited us to help us with evening campfire.



Summer camp – day 5



On 5th day we had to change our prepared programme because of abnormal high temperature. We announced a day of health. Whole day children competed in quantity of drunk water. Morning we have divided children to 2 groups. Each group had its own injured person (broken leg and arm) to take care of. The aim was to prepare injured person to transport to hospital with using common things that children had in their huts. After control of our doctor the victorious group won the ice cream. At afternoon some new people arrived – including trainer of Benátky nad Jizerou, Jan Růžička III. Dan and small group of his students. So now we are finally complete. Afternoon programme was about a rest to gain new energy for next days.



Summer camp – day 6



To prevent boredom we have planned a short (may be not so short) trip to dam named Orlik (it is on river Vltava). After little rest and refreshment we went to the water. The water was clear and pleasantly warm so we have enjoyed a lot of fun.

The way back was a little bit adventurous. Many of children told us about their tired legs but as soon as we announced next swimming time (at the camp-pool) they were full of energy again.

So this was our free day. However at evening we can again saw some individual trainings with black belts (gradings are approaching ;-)).



Summer camp – day 7



This day morning exercise was under leading of Jan Růžička III. Dan. The morning training was focused on tulls. Children start to be a little nervous because of nearing gradings so we have polished our techniques and tulls.

After a delicious lunch we continued with training of techniques with using of laps and safety equipment. Children have praised trainers for techniques as elbows, knees, shouldres...

During their free time, children prepared their selfdefence performance to compete with it in camp competition. We are looking forward to it.

Evening there were some individual trainings and also possibility to swim in pool.

Next day will be again about trip...



Summer camp – day 8



This day trip was to city of Písek with the oldest bridge in Czech Republic. We have arrived in the great time – on riverbank there was a exhibition of sand statues with the Hussite themes.

During the way back in the train many of children falled asleep, but children can not be tired for a long time. So during the rest of afternoon and at evening they again prepared their Prearranged sparing performances for the competition.

I can not believe that we are now in the second half of our camp. The time is running very fast...



Summer camp – day 9



The 9th day was again full of Taekwon-Do trainings and moreover today we can try to play Paintball. We have made two groups and the „war“ could start. It was very hard battle... Everybody enjoyed it and nobody was badly injured. Even instructors survived it without injury. At evening another control of huts tidiness have passed.



Summer camp – day 10



One of other groups in our camp area had a „Japanese day“. So we could watch the disembarkment of Japanese warriors and short battle. For this day we have prepared an exhibition for children from other groups in camp area. As the reward for our performance we have got a chinese dinner with chop-sticks.

Our children had a special mission during evening. They had to find a treasures with using of GPS. Finally all groups found their sweet treasure...



Summer camp – day 11



The end of our camp is very close. After lunch ran the last training of camp. It was about full and basic techniques and also a lot of fun. The finish of training was full of funny workout with plastic bottles. Later afternoon started gradings so the nervousness have risen up. The examination committee was very hard to all candidates, but at the end all of them was satisfied with results. All candidates were promoted and examiners were happy with the high level of candidate's skills.

After gradings there were a little outdoor banquet for all. And the day was finished with campfire.

We wish to everybody - have a nice rest of holiday.



Summer camp – day 12



The last day, Sunday, was about tidying up huts, exchanging of addresses and contacts and goodbyes. Around 10 o'clock first parents arrived to pick up their children. Children have enjoyed their last moments and promised that they will meet there in a year again.

When last child have left we felt sad. But we have a lot of collective experiences that nobody can steal from our hearts. To prevent our sad mood we have started to plan another events for this great bunch of Taekwon-Doists.

So... see you there next year!!!

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Czech National Taekwon-Do Union ITF

Varhulíkové 1582/24
Prague 7 ZIP 17000 Czech Republic
Company nr.: 26635861
Tax ID: CZ26635861
Registration: L 13917/RD6/MSPH

cnut@taekwondocz.com

www.taekwondocz.com

[You Tube](#)

[Facebook](#)

[Google+](#)

Viktor Stein

President

president@taekwondocz.com

Kamil Kolofík

Technical committee

technical@taekwondocz.com

Monika Dobíhalová

Secretary

sekretar@taekwondocz.com

Robert Pokorný

Communications committee

communications@itfczech.com