

# Bulletin national association of Taekwon-Do ITF 1-3 / 2016



## Czech National Taekwon-Do Union ITF



*School Taekwon-Do Strancice in Czech television*



# Taekwondix 2016



In days 16th and 17th January 2016 trainers of Czech National Taekwon-Do Union (International instructors Lenka and Kamil Kolofík) took part in seminar about polish project TAEKWONDIX. TAEKWONDIX is educational and training system for the youngest taekwondists. Author of project is International instructor Andrzej Undro, IV. Dan, who was also leader of whole seminar. The attendance at seminar was really international – there were 65 participants from 11 european countries. Except Poland and Czech Republic there were also represented countries as Bulgaria, England, Scotland, Netherland, Georgia etc. At present sheet there were names of Masters as Coos van den Heuvel, Alexander Dunbar, Donato Nardizzi, Tadeusz Loboda, Jerzy Jedut and Zbygniew Semp.

At registration each participant get very nice lever arch file including some informational materials. Seminar was started at 11 a.m. and as the first there was short introducing of essence of TAEKWONDIX system – training must be full of fun. During first training all participants turned to little children and played games. There were many games – running games, games for improve coordination or games for catch attention. Everybody has joined games, including Masters.

In afternoon part new games were introduced – this time games which need some equipment as tatami, toys and squeeze toys etc. Participants gained as prize playing cards with various characters. Children in TAEKWONDIX program can gain the same cards as prize – it is not only present reward, they can change cards or play game with them. Rules of games were presented in hotel at evening.

Second day was mainly about team-games, gaining of new cards and many new information. As final game trainer prepared for his „children“ an assault course which they enjoy as the most – they can played as Tarzan, Batman and many more.

At the end all participants got certificates and key-rings and it was also time for group photos. Seminar ended around 2 p.m. so trainers of CzNTU had enough time to do some sightseeing in historical center of Wroclaw – the city of culture for year 2016.

Seminar gave us not only many information and experiences but also many new friendships and invitations to other international events. We thank to father of TAEKWONDIX system, Mr. Andrzej Undro, for amazing weekend spent with Taekwon-Do.



## Wintercamp in Szczyrk, Poland 2016



On 12th to 19th February was held traditional wintercamp of Polish Taekwon-Do Association in Polish side of Beskydy mountain in beautiful city which is also skiing center.

Event was attended not only with members of PTA but also with taekwondists from other European countries such as France, England, Ireland and also from Czech Republic. From Czech Republic attended trainers from Czech National Taekwon-Do Union Kamil and Lenka Kolofík, both IV. Dan. Camp flows similarly as previous years. At the morning each participant could choose if he want go to skiing or take part in morning training. These trainings were under leading of master Jerzy Jedut VIII. Dan and were focused to techniques and funny way of conditioning, whereas afternoon trainings were focused to sparrings. Afternoon trainings were divided into two parts: children – under leading of instructor Jaroslaw Suska VI. Dan and adults again under leading of master Jedut.

During camp there were also other well known people such as master Tadeusz Loboda VIII. Dan and master Denis Thomas VII. Dan.

As in previous year at evenings hours were held sessions focused to tulls under leading of master Loboda and personal consultations with other instructors.

Thank you for superb event, we are looking forward next year.





## Demoteam at Šešovický masopust



On 20th February 2016 members of Takwon-Do school Sparring Mnichovice did exhibition at traditional regional event named „Šešovický masopust“. Even though the weather was very cold with rain showers, our children showed their best in Doboks. Members of exhibition team were: Sára Podskalníková, Natálie Podskalníková, Lucie Bohatá, Daniela Richterová, Patricie Pokorná and Eliška Hupcejová. Viewers liked the exhibition and rewarded girls performance by hugh applause. Many thanks to organizers of event for invitation. We are looking forward to next meeting.





## February training camp of Taekwon-Do school Strančice



Taekwon-Do school Strančice held another weekend training camp on 27th and 28th February.

Just as last year in June we set out to South Bohemian region named Taborsko. We found there well known gym, pleasant canteen and surrounding winter nature. That is all that we need for sport exercise. In total we was group of 30 people, we set out on Saturday morning from our domestic gym to start our first training at 10 a.m. There were sportmans from 6 years old to men of their forty. Training camp was focused on basic techniques, learning of new tuls, trying techniques for sport fight and trying of breaking boards (wirok). Of course there was also selfdefence, which was diversified with practical training of it – it could happen everytime that someone of Taekwondists who walk through building had to deal with prepared traps and storylines.

Saturday evening we varied with videos from November competition in italian Milan, where our competitors collected many medals. The analysis of fight and tul matches can enrich not only competitors but more other sportmans, so we – as trainers – commented and valued and advised, to reach same results next time, maybe at competition in Netherlands we are preparing for right now.

We are glad that everybody liked this event, above all the youngest children, because for some of them it was the first trip without their parents!

We would like to thank our partner Porta s.r.o. and city Strančice for their financial support, which allows us to hold training camps easier.

Just now we are planning next training camp and our first one-week Summer camp.

We are looking forward next sport experiences.

trainers of Taekwon-Do school Strančice Petra Bláhová, Tomáš Mácha, Josef Kubát a Jaroslav Urbánek



## Preparing for Prešov Open



On 6th March 2016 was held special training in gym TJ Čerčany to prepare competitors for representing Taekwon-Do school Sparring and Czech National Taekwon-Do Union at very prestige Slovak competition named Prešov Open. The session was focused to individual categories and to synchronize movements in team tull – our competitors will defend successes from last years.



## Taekwon-Do Kids, Wien



At weekend 12th and 13th March participated representatives of Czech National Taekwon-Do Union at seminar about Taekwon-Do Kids program, which is under patronate of International Taekwon-Do Federation. Seminar was leaded by Master Donato Nardizzi, VIII. Dan, president of english Taekwon-Do federation and Head of the "Children's Development Committee" of the ITF. Seminar was held in capital of Austria – Wien and was organized by austrian national association, especially by head of austrian Kids program Christina Mechaček, IV. Dan. On seminar were attended by 48 taekwondists from variol european countries.

Seminar has started with short introducing of program, but it did not take more than few minutes and games were started – they continued through whole morning session. It were games for individuals and for teams – from games to try stability, through game for training coordination of movements, to games which helps children with understanding of Taekwon-Do tenets .

Afternoon part was divided into two sessions. The first session was filled with thorough presentation of Taekwon-Do kids program, presentation of websites and study materials. At the end there were presentated dobok, badges and stickers, which children can get during training when they fullfill some goals or for special effort or performance.

Next day, on Sunday, seminar continued in gym, where participants tried game for developing motoric skills and cooperation in team. The last part of seminar was again in lecture room next to the gym, where participants debating about „safety“ education for children (bullying, danger and stranger awareness).

At the of course, every participant get certificate entitling him to run educational program Taekwon-Do Kids in his country. Many thanks to organizers for very profesionaly prepared event.





# International competition Prešov Open 2016



On 11th March at morning team of competitors and delegates set out to very prestige competition named Prešov Open to Slovakia. The weather during our journey was sunny – after few years of cloudy weather we finally saw sunlit mountains Vysoké Tatry. At the morning the registration and weighting was done.

Saturday we went to the sports hall where categories of individual tulls have started. Our competitor Lucie Bohatá got bronze medal in her tull category. Afternoon was focused to sparrings where we got some medals again. It was silver medals for Patricie Pokorná and Eliška Hupcejová from their categories. Also the category of Special techniques was started. Eliška Hupcejová started in this category for first time – she had 18 opponents in her category but she had qualified into group which fought for medals. After very thrilling progress of category, where the height was five times increased because competitors had same points, Eliška got bronze medal. At the end of Saturday part there were some final matches and dancers performance. Sunday was for our team in sign of Team tull category, which took place in afternoon. There were 7 teams in this category, our team - Lucie Bohatá, Patricie Pokorná, Eliška Hupcejová, Jiří Beneš and Martin Bambas – got very nice bronze medal. Then we set out to way back home. We are looking forward next competitions





## School Taekwon-Do in Czech TV



For Adam Rojko, member of Taekwon-Do school Strančice, it was next experience with filming for Czech TV. Last year he participated in competition for talented children named „Zlatý oříšek“ (Gold nut) in Říčany. He was succesfull so he got through to national final round of Zlatý oříšek 2015 and did filming in Czech TV's studios in Brno.

Now Adam did filming in prague studio on Kavčí Hory. Two of our trainers – Tomáš Mácha and Petra Bláhová - accompanied him into the studio. There were cosmic studio full of craters and planets and also host Tomáš and Ivana waiting for them. Screenplay was prepared. Adam was prepared to! Interview at the beginning, then tul in one shot, then training of techniques with kick-shields. Filmed. And then, at the end, one offer from director which we can not refuse – breaking of wooden boards! Preparation of microphone and then just director's instruction: „Recording...aaaand ACTION!“ One jump, one turning and two boards are broken. Then just one photo with trainers in studio of Planet Yó. We hope we will visit this place again.



You can see Adam in Planet Yó on Monday 18th April 2016.

<http://decko.ceskatelevize.cz/planeta-yo>

Adam's exhibition in „Zlatý oříšek 2015“ you can see in archiv of trainers of Taekwon-Do Strančice





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