

Bulletin national association of Taekwon-Do ITF 2/2015



Czech National Taekwon-Do Union ITF



Demoteam



International instructor Kamil Kolofík IV. Dan on Winter camp in Szczyrk



After my arrival to beautiful Poland city Szczyrk I met more than 50 other people in sports hall to wait for training.

Composition of degrees was very varied – from yellow belts to IV. Dans. Leading of trainings was within authority of three instructors – Tadeusz Loboda, Jerzy Jedut, both VII. Dan and Jaroslaw Suska, VI. Dan.

My first training was under leading of master Jerzy Jedut.

The first part of training was warming up. The main content of this training was to have a try at jumping kicks. We have started from Twimio Yopchagi and Twimio Dwitshagi, then we tried some less often repeated Techniques as Sangbal Apchagi, Sangbal Yopchagi etc.

After jumping kicks we have repeated tulls – from Chon-Ji to Choong-Moo.

Second – afternoon – training started again with interesting warming up. During training we tried out some combinations of kicks and we trained our reactions with contra-techniques.

During all camp participants had opportunity to ask instructors for personal training/consultation. I have asked master Jedut for consultation about my techniques. It lasted more than one hour and we went through only few tulls. Master Jedut was really very careful and strict, so I think this one hour pushed my technique for a big step forward.

On Next day morning training we have warmed up with protectors which we had used during all training – we tried some kicks, combinations and techniques with sidesteps, backsteps and frontsteps. This time we had some time for workout with some training equipment – extensors and protectors.

My last afternoon training was under leading of master Loboda. We had warmed up with some games. After this we tried with partner some nontraditional combinations and kicks under pressure – mainly Dwitshagi. At the end master focused on selfdefence – it was about simplicity of selfdefence. We tried to use our body and its quick reaction for quite discreet stimulus as is pinch or poke.



International instructor Kamil Kolofík IV. Dan on Winter camp in Szczyrk

My rating of Wintercamp is very positive. It was exciting. I regret I couldn't be there for whole camp, but these few days, which I could spend with 3 amazing trainers, gave me many new incentives for my next exercise. Even though I felt tired after every training, it gave me a lot of energy and resolution for my next trainings.

International Instructor Kamil Kolofík IV. Dan.





Demoteam in action



At the start of February our Demoteam was invited by the Major of Voluntary Fire Brigade of the town Velké Popovice to make an exhibition of Taekwon-Do during their Annual ball.

This cultural event attracted more than 200 attenders, who watched our exhibition with big delight - we have promoted all parts of Taekwon-Do and spectators rewarded our team by huge applause.

Members of demoteam: Jakub Roubal, Sára Podskalníková, Lucie Bohatá (all 1. Dan), Patricie Pokorná, Natálie Podskalníková (both 1st Kup), Daniela Rychterová (3rd Kup) and Eliška Hupcejová (6th Kup). Thanks for good work.



Demoteam in action



Second of spring series of CzNTU's Demoteam exhibitions was held on 20th February 2015 in Čechany on Graduate's ball of Secondary school of Handicrafts Kunice.

Spectators heavily encouraged members of Demoteam and every demonstrated self-defence and every broken board was awarded by thunderous applause. Number of spectators again got over count of 200, so the atmosphere was really excellent.

Member of Demoteam were the same as in Velké Popovice: Jakub, Sára, Lucie, Natálie, Daniela and Eliška. We would like to thank a lot directress of the school and we are looking forward next cooperation.



Demoteam in action



On 21st February 2015 we accepted invitation for 5th year of event named Šešovický Masopust, where CzNTU's Demoteam demonstrated very good exhibition again.

This time the exhibition was in slightly worsened conditions – members of team did their exercises barefoot on the grass in very low temperature (about 4 °C). Their performance was again awarded with huge applause.

After the exhibition we were also pleased by the interest of many spectators which asked us about Taekwon-Do and possibility to join our classes.

Members of Demoteam during this event: International Instructor Kamil Kolofík (IV. Dan), Sára Podskalníková, Lucie Bohatá (both I. Dan), Natálie Podskalníková (1st Kup) and Daniela Richterová (3rd Kup).

We would like to thank a lot to organizers Voluntary Fire Brigade of Svojšovice for their invitation to participate at their great event and we are looking forward to next year...



Training of National Team before Prešov open

On Saturday 28th February the special training took place in sporthall in Kunice – it was focused on preparation for next competitions.

The leader of training was International Instructor Viktor Stein (IV. Dan). Our competitors tried all events of competitions – Tull, Matsogi, Special Techniques, Wi rok and Traditional Sparring.

All members of czech National Team and our National Team preparatory participated at this event. Their closest competition is Prešov Open in Slovakia.





New image of Czech National team

Thanks to a finance gifts from our sponsors, we could buy new tracksuits for Czech National Team, members of National team preparatory and for supporters.

Tracksuits from brand Top Ten were supplied by our partner Hayashi CZ, printing is from advertising agency MV Print.

New tracksuits will be presented during Prešov Open.





Invitation for Czech Republic Championship 2015

CzNTU hold Czech Republic Championship in 16. May 2015, place of event will be sport hall of city Benátky nad Jizerou

  

Mistrovství České republiky

Taekwon-Do ITF

2015

konané v Benátkách nad Jizerou

sobota 16.5.2015

Sportovní hala ZŠ Pražská, ul. 5. května

     



New adress CzNTU Headquarters offices in
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