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Czech National Taekwon-Do Union ITF





Best of the best 2016 – participation of Taekwon-Do school Strančice



As usually Taekwon-Do school Strančice participated on international competition Best of the Best. This year it was 13th year. Participants from Austria, Slovenia, Slovakia, Belarus, Hungary and Czech Republic should check out our competitors before Czech Championship in Benátky nad Jizerou and clarify nomination to Holland Cup 2016, where we will set out on 17th June.

Eleven competitors with all four trainers as accompaniment bravely fought for medals in categories Tull, Matsogi, T-Ki and Mobum matsogi.

Few days before competition disease struck one of competitors from team for Team Tull category. Fortunately fully-fledged stand-in has been found. So our team in Team Tull category retained gold medal from last year.

The best competitor of our school was Junior Samuel Pasler – he gained 4 medals (gold from Tull, Special techniques and Team Tull and silver from Matsogi, His performance you can see there: <https://youtu.be/G-Cs-tzU9S8>

Our congratulations are also for other competitors of our team who gained medals: Karin Goldmannová, Ivana Klečková, Lucie Trejbalová, Adam Rojko, David Pačes, Kryštof Ostertag, Tomáš Bruckner, Rozálie Pačesová, Jan Fojtík and Daniel Chvojka.

Now we are going to participate Czech Open Championship in May and then weekend camp before Holland Cup. We hope that we will enjoy competition in Netherland. Cross your fingers, Taekwon!



AETF congress – Tampere, Finland



On Thursday 28th April the delegation of Czech National Taekwon-Do Union set out to Finland to European Championship, which was held in city Tampere. Delegation had two members – chairman of Technical committee Kamil Kolofík and secretary of TC Robert Pokorný. After arrival to Helsinki airport they had to travel by bus for 2 hours. At the evening they arrived to hotel Cumulus Koskikatu and made a little city walk.

Friday morning they spent in sporthall watching competition and meeting lot of friends from other European countries. And afternoon the AETF congress has started. This time it was voting congress – it was necessary to vote representatives for next 4 years. Congress started at 3 p.m., according to plan. Also representatives of ITF participated as guests. Representatives from 31 countries participated the congress.

Congress ran according to agenda – presentation of report about AETF management activity for 4 years, financial report and presenting candidate to president AETF for next period. There was only one candidate to this post – master Loboda. He was voted to president post again. Also the candidature to post of vicepresident was not surprise. To this post was nominated master Coos v/d Hoovel, VIII. Dan. He was confirmed to his post too.

Next voting was not such easy. There was voted 6 members to AETF board, nominated was 10 candidates. After casting all votes there was a short break for counting votes, were declaration of results. To the AETF board for period 2016 – 2020 were voted:

Mr. Tomaz Barada
Mr. Philip Lear
Mr. Leonardo Oros Duek
Mrs. Mimmi Oskarsson
Master Lazaros Tsilfidis
Master Kenneth Wheatley



AETF congress – Tampere, Finland

Next article of agenda was voting of revision committee. There were confirmed similar members as in last period. Members of revision committee are:

Master Frank Vanberghen

Master Ray Nicolaisen

Master Panagiotis Gialamas.

As the last point of voting part of congress, new-voted president Master Loboda presented his secretary. To this post was appointed Master Jedut.

So it was the end of voting part of AETF congress. Next was planning of next years. Representatives of Bulgaria presented invitation to European Championship 2017, which was confirmed. So next year we are going to Sofia. Also the European Cup 2017 in Warsaw, Poland, was confirmed as same as the European Championship 2018 in Maribor, Slovenia.

As next the candidature for European Championship 2020 was presented by representatives of Slovakia.

Czech National Taekwon-Do Union would like to congratulate to all new voted representatives of AETF.

Next day was just only the way back to Prague – first of all bus from Tampere to Helsinki and then plane to Prague airport.





Open Championship Taekwon-Do ITF of Czech Republic 2016



One year ago, the term of next czech championship of Taekwon-Do ITF was presented. The most important day for all competitors was approaching very quickly and the time for training got shorter.

At morning Saturday 14th May first competitors arrived to sporthall of Elementary school of Benátky nad Jizerou. This year list of participated clubs was very varied included some new names of clubs. 11 czech clubs arrived to the competition: Ge-Baek Mladá Boleslav, Taekwon-Do Milovice, Tong-il České Budějovice, Sonkal Praha, Taekwon-Do Silla, Sparring Mnichovice, Taekwon-do Sabom, TKD Benátky nad Jizerou, TKD Pečky, Taekwon-Do Strančice a Czech Taekwon-Do I.T.F. Asociation. This list of participated schools from three czech national associations is proof of the fact that gen. Choi's idea about united Taekwon-Do is still alive. In total were participated 138 competitors, 26 coaches and 20 referees.

At 10 a.m., after finishing registration, corrections in categories and meeting of coaches and referees, all competitors lined up for opening ceremony leaded by president of Czech National Taekwon-Do Union, Mr. Viktor Stein, IV. Dan.

There were prepared four rings for competition, one of this was for categories Special techniques and Power test. As usually, competition started with tull categories of the smallest competitors. These categories was the most occupied. It was not exceptional that in one categories started more than 20 competitors. In these categories competitors had to go through 4 elimination rounds to compete in final round. As we went along the competition, diplomas and medalls were awarded. Alongside tull categories there were categories Special techniques and Power test on ring nr. 4.

At 13.30 categories of tulls were done. So we started with matsogi and team tulls. In total 13 teams were registrated. They were divided to childs and adults teams. Categories of matsogi started again with the smallest competitors. Winners of categories was awarded with diploma, medall and gift-bag from our honoured sponzor – shop with martial arts equipment named Hayashi. As the last category there were our biggest competitors – seniors +85 kg. This is the most watched and most attractive for spectators. The last one match ended on 5.15 p.m.



Open Championship Taekwon-Do ITF of Czech Republic 2016

As last the most succesfull competitors were awarded:

Child female – Rozálie Pačesová (Taekwon-Do Strančice)

Child male – Erik Haluška (Taekwon-Do Benátky nad Jizerou)

Junior female – Tereza Štekerová (Sonkal Prague)

Junior male – Samuel Pasler (Taekwon-Do Strančice)

Senior female – Tereza Žilinská (Sonkal Prague)

Senior male – Jiří Huml (Sonkal Prague)

The closing ceremony was leaded again by president of CzNTU, Mr. Viktor Stein.

Thanks to all of our sponsors, especially to MV Pring&Graphics, Hayashi, 3R Service CZ and Sokol Benátky nad Jizerou, competitors, referees, travers, coaches and all other people who helped us to arrange this amazing event. We are looking forward next year Championship of Czech republic...





110th IIC Warsaw, Poland



At weekend 27th – 29th May there was held 110th international instructor course (IIC) in Poland capital Warsaw. Trainings were under leading of Grandmaster Hector Marano (IX. Dan, Argentina), Grandmaster Kim Ung Lan (IX. Dan, Germany) and Master Paul Weiler (VII. Dan, Germany). Also the Czech National Taekwon-Do Union had its representatives on this important event – Chairman of Technical committee Kamil Kolofík and Lenka Kolofíková (both IV. Dan).

Participation on this seminar was sizeable – there were 263 participants. We could see participants from more than two tens countries (Poland, Bulgaria, Denmark, Netherlands, Georgia, Russia, Ukraine, Moldova, Uzbekistan, Romania, Ireland, England, Norway, Sweden, Germany, Belarus, Latvia, Israel, Italy, Lebanon, Hungary, Scotland, Argentina and Czech Republic).

Extraordinary was also the number of masters and grandmasters participated. Except three high mentioned lectors there were 23 masters and 1 grandmaster as participants.

Grandmaster Hector Marano leaded as usually technical part of IIC – all tulls and many basic techniques were practiced and corrected Grandmaster Kim Ung Lan focused to selfdefence and training of sparrings. Innovation in IIC program was very interesting presentation by Master Paul Weiler about unhealthy drills, which are unfortunately part of many training sessions done. Heart of his presentation was that trainers should start to think about drills used in their trainings instead of to blindly perform drills which they have seen somewhere. Part of presentation was also performing of bad drills using model of vertebral column and joints – there we can see very well how bad drills as sit-ups are harming the spine. There were many questions for master Weiler about concrete drills so his presentation was prolonged a little bit.



110th IIC Warsaw, Poland

Also this time there were grading to higher belts from IV. Dan and higher. After end of grading Grandmaster Marano welcomed 4 new VII. Dans to „masters“ family and also 3 new VII. Dans were promoted. To gaining VIII. Dan we would like to congratulate to master Alexander Dunbar, Thomas Denis and Zbygniew Bujak. To VII. Dan were promoted Adam Alenowicz, Errol Bernard, Peter Logoza and Has Jorgen Helmersen.

As we are used to on events of Polish Taekwon-Do Association the organization level was very very high. And it could not be PTA if they did not prepare some surprise for participants. This time it was T-shirt for all participants of seminar. We would like to say big thanks to organizers of this event and we are looking forward next successful events.





CrossFight Strančice



From March school Taekwon-Do ITF Strančice offers something new. Something new for everybody who do not have so much time to study Taekwon-Do ITF with us. For them who do not manage afternoon exercise in fitness hall because of traveling to work. For them who do not want to sweat in airless sporthall. For them who want to increase their condition, to unwind, to tune their bodies up for summer, do something for themselves and gain new energy.

What is CrossFight?

It is form of circuit training, it is functional outdoor exercise for men and women. And because we are trainers of martial arts (Taekwon-Do and kickbox), trainers of selfdefence, all exercises are based on fitness preparation to martial arts. In one exercise there are activated more muscular parties. It is mostly power and endurance exercise suitable for increasing condition and also nimbleness. It is not contact training. Strentening exercises are enriched with elements from martial sports.

More see there:

<https://www.facebook.com/crossfight.cz>
<https://www.facebook.com/crossfight.tkd>



Trainings with Irish team from IFSC Force Taekwon-Do school



Taekwon-do offers great gifts to everybody- the gift to learn techniques for self – defence, to improve our health and physical condition, to reach our goals and possibly to win medals in competition. And also the opportunity to meet new people. When Lenka Marsikova started Taekwon-do 25 years ago in Czech Republic she never thought that one day she would open up her own school IFSC Force Taekwon-do - not only that but in a different country to her homeland.

Today it is a club well respected in Ireland. It won the best school at RITA Irish Open in 2015 and they are going to participate in the World Cup in Hungary in October 2016.

This year they came up with a great idea- to visit the Czech Republic and of course do some Taekwon-training at the same time. So they contacted International Instructor Kamil Kolofik, Chairman of the technical committee in the Czech Republic and after much correspondence and emails the camp was prepared- accommodation in the Hotel Chateau Berchtold in Kunice, training in the sports hall of the elementary school in Kunice with some trips to Prague city centre, an Aqua park, and a barbecue all on the itinerary.

On arrival at Prague Airport in Ruzyně- the Irish group was welcomed by the President of the Czech National Taekwon-do Union Mr Viktor Stein, IV. Degree and Mr Kamil Kolofik IV Degree. After checking in to the beautiful Chateau Berchtold we enjoyed dinner together.

Next day our Irish friends set out on some sightseeing to historical Prague, accompanied by Jana Marsikova , the sister of Lenka Marsikova, who acted as medical doctor and tour guide.

They visited Prague Castle, St Vitus Cathedral, and Karmelitska street to see the famous Child of Prague statue.



Trainings with Irish IFSC Force Taekwon-Do school

Later that evening was the first group training. It was not easy after a day full of sightseeing. All trainings were led by John Moffitt and Lenka Maršíková. From the Czech group present were Kamil Kolofik, Viktor Stein, Lenka Kolofikova, Lucie Bohata, Eliska Hupcejova, Sara Podskalnikova, Daniela Richterova, Natalie Podskalnikova and Patricie Pokorna.

Next day was more sightseeing in Prague- Staromestke square, a cruise on the Vltava river, Parizska street and of course the Charles Bridge. In the evening there was a romantic stroll through Prague at night time.

Next training was on Sunday morning. It was full of funny games, sparring drills and practice of techniques and tuls. Sunday evening was more training which finished a little early because the Czechs had prepared a big barbecue for our Irish friends. It was a great success with traditional Czech meals, singing and a photo presentation. Many thanks to Robert and Lenka Pokorny for preparing it.

Next day- Monday- was water training in aquapark Aquapalace Cestlice. The Irish group enjoyed it greatly, because in Ireland there are not as many aquaparks as there are in Czech Republic.





Taekwon-Do school Strančice at competition in Holland

Trainers and competitors of Taekwon-Do ITF school Strančice were participated on prestigious international competition Holland Cup (from 18th to 19th June 2016) and gained some medals.

There were nearly 500 competitors. From Strančice set out this team:

Trainers Petra Výchopeň Bláhová, Tomáš Mácha, Josef Kubát, Jaroslav Urbánek and competitors Hana Máchová, Ivana Klečková, Lucie Trejbalová, Jan Fojtík, David Pačes and Adam Rojko.

Trainers in team with Hana Máchová gained silver medal in team category, where they were tightly defeated by Netherlands national team. Also other members of czech team gained precious metals – David Pačes gained bronze medal in tulls and silver medal in fight and Adam Rojko gained silver medal in tulls.

This year were participated on this competition 9 european countries and members of Japanese Taekwon-Do.

In huge competition was very hard to gain medal. But thanks to targeted preparation of our competitors we have achieved it.

Also trainers of Taekwon-Do ITF school Strančice make big effort to keep up with international level.

Participation on simile events would not be possible without financial gifts (Porta s.r.o. and M.Rojko – constructions) and support from the city Strančice. night time.





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