



# Czech National Taekwon-Do Union

Secretary

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## INFORMATION BULLETIN ČNUT-ITF JANUARY 2005

### 3rd Czech National Taekwon-DO Seminar

The National seminar was held on December 10-12 2004. Members of many clubs, including České Budějovice, Znojmo, Mladá Boleslav, Kutná hora, Poděbrady, Říčany, Brandýs nad Labem, Čelákovice, Stránčice, Příbram were present. We have also welcomed our friends from Ljubljana (SLO), Cazin (BiH) and Tizi Ouzou (Algeria).



First the students learned about the Theory of Power and also practical applications were presented. Next followed the basic elements, information about the punch combined with the demonstration of usage in self-defence and methods of practising it in fundamental movements as well as in patterns. The whole afternoon was devoted to practising the punch, walking in various stances, turning and detailed explanation of technique in accordance with the Theory of Power presented in the Encyclopedia of Taekwon-Do by general Choi Hong Hi. From

these necessary basics the participants advanced to the foot techniques, always combined with demonstrations of usage in self-defence and ways of practicing each particular technique. We did not omit one of the fundamental disciplines, the sparring. All the participants have practiced both one-way and two-way Sambom Matsogi, Ibo and Ilbo Matsogi. Also sparring when sitting, kneeling and lying was included and also defense against two opponents was practiced. All these elements were first demonstrated by Assistant Instructors and then practiced by the participants. The most important part was the patterns, beginning with preparatory movements Saju Jirugi and Saju Makgi and ending with the Ge Baek Tul. Very popular was the part where self-defence against gun, stick and knife was practiced. Also much less popular gymnastic elements were included. Also a theoretical part was present. Here the Moral code, Tenets of Taekwon-Do and competition rules were thoroughly explained.

The seminar ended with Testing for higher Degrees. We are very pleased to congratulate to Mr. Kamil Kolofik for promotion to 2nd Degree and to two new members of family of black belt holders Mr. Jakub Vana and Miss Lenka Javurkova. The Testing was held in accordance with the Rules and Regulations of ITF. The committee consisted of president of ATF International Instructor Mr. Meziane Moulahoum 4th Degree, Head of Technical Committee of Czech National Taekwon-Do Union International Instructor Mr. Vladimír Machota 5th degree, president of BST Mr. Agim Murtič, International Referee Mr. Ismet Alijagić and Mr. Viktor Stein.

We believe that the next 4<sup>th</sup> Czech National Taekwon-Do Seminar will be as successful as this one and that all the participants will leave once again with beautiful memories and better technique.

### The Czech National Representation



From the end of the January, once again will the Czech National Representation start the preparation for the upcoming European Championship held on April 22-24 in Terracina in Italy. Further on the preparation will continue so that our team is ready for the World Championship held on July 28-31 in Dortmund



### Studies on Faculty of Physical Education and Sport, Charles University, Prague (FTVS UK)

From the September of this year are Michal Zima (Stránčice), Vladimír Machota and Jakub Novotný (Říčany) enrolled at FTVS UK. We ask all prospective students to announce their intent to study till April 29 to the Technical Committee of ČNUT-ITF

### Czech National League



In October I. round of Czech National League 2004-2005 was held. The results will soon be available on the web site of ČNUT-ITF. In this way we would also like to encourage all the clubs and schools to participate and host some of the next rounds. All applications are to be forwarded to the Sport Committee indirectly at [sekretar@taekwondo-unie.cz](mailto:sekretar@taekwondo-unie.cz) or at [v.stein@seznam.cz](mailto:v.stein@seznam.cz) or directly on the phone 606 55 11 39 at the Head of the Sport Committee, Mr. Viktor Stein.

## **Competitions**

On April 9 an International Taekwon-Do competition called Best Of Best 2005 will be held. The similarity to the competition held in year 2000 is not a coincidence. The competition is again prepared by The School of Taekwon-Do Kwang Gae. The championship will be held, as mentioned above on April 9 at Ricany in the Sport Hall. We believe that this event will once again be a great show of martial arts.



## **Enrolment**

This month enrolment exhibitions for clubs from Brandýs and Říčany will take place. The Preparatory courses of Taekwon-Do in the Říčany and Brandýs clubs take place on every Monday and Friday at 5 p.m. in Říčany and every Tuesday and Thursday at 6.30 p.m. in Brandýs.

## **Summer camp**

The Big Summer Camp, on which last year 158 participants were present, will again be held in Zbraslavice in July. Both individuals and whole clubs may participate. All the necessary detailed information will be available in advance on web site of ČNUT-ITF. The clubs may directly contact Mrs. Ludmila Machotova on [sekretar@taekwondo-unie.cz](mailto:sekretar@taekwondo-unie.cz). This year the Tiger Ljubljana (SLO), Skorpion Ljubljana (SLO) and Hwarang Cazin (BiH) promised to participate.

## **Grading**

We ask all the schools to announce in advance in accordance with the regulations of Technical Committee of ČNUT-ITF the dates of grading in their respective clubs. The calendar of both Technical and Sport Committee is very full and it is difficult for us to make last-minute improvised changes

## **The programme of the Board of ČNUT-ITF**

President : preparation of General Assembly of ČNUT - ITF  
Vicepresident : 7. – 10. January, AETF Board of Directors meeting in Lublin, Poland  
Board of ČNUT-ITF : 11. January, meetings of respective committees.  
The programme of other members of the board depends on the tasks assigned on next meeting.

## **Changes to the calendar**

Many of the actions settled in the last year have changed or its terms were specified more precisely. Also our calendar reflects all these changes:

- II. round of the Czech National League, formerly to be held on January 15 moves to the next available term and we will inform you about it in advance.
- At April 9 the Best of Best 2005 competition will be held in Ricany
- 22-24. April the European Championship in Terracina in Italy is held.

## **Final words and comments**



Dear friends, colleagues.

I am not sure how patient you will be, as the last message does not directly relate to the Taekwon-Do. But things that happened in southeast Asia go beyond our darkest dreams. Everyone of us who is a parent, who loves someone, cannot even imagine the fear and pain caused by a loss of a close person. The horrible numbers moreover threaten these feelings. Each of us wonder how he could help, even to a single person. Let us leave this to the professionals. It is the one SMS of yours which can help to a person in the affected region. Please send your SMS, the smallest and fastest way we can help. You can use the public number of ADRA, put the wording „DMS ASIE“ in the SMS body and send it to 87777. Thank you very much for all.

Yours in Taekwon-Do  
Vladimír Machota