

National seminar 2014 with the master Jerzy Jedut, VII. Dan



Czech National Taekwon-Do Union ITF





National seminar 2014



On the 20th of December 2014, in a small Central Bohemian town Strančice (near capital Prague), there was organized a national seminar ČNUT led by the world legend - master Jerzy Jedut, VII. Dan (general secretary, a member of AETF Technical committee and coach of the Polish national team).

A great place for this event was kindly provided by local elementary school Strančice, that's why we would like to thank this way to Mgr. Kateřina Schejbalová, school director and other supporters for their help during the day and well prepared training hall.

Our thanks belongs also to the partner of this event – company Hayashi, representing the TOP TEN brand in Czech Republic and delivering also other martial art and self-defense products.

A huge appreciation belongs also to Berchtold castle management, that helped with accommodation for our guest and provided a great conference hall for follow up meetings, incl. refreshment.

The seminar hosted in total 40 participants (particularly trainers) from the Czech National Union of Taekwon-Do and Czech Taekwon-Do Association. However, attended also Taekwon-Do schools Tong-Il České Budějovice, Sonkal Prague, Ge-Baek, Mladá Boleslav, Strančice, Benátky nad Jizerou, Příbram, Sparring Kunice, Velké Popovice and Čerčany.

The seminar began with a short intro, followed by non-traditional heating and stretching exercises, immediately catching all participating trainers.

After a proper heating, the rest of the morning was devoted to patterns from Chon-Ji to Choong-Moo, together with basic techniques from these tulls.



National seminar 2014



The afternoon part of the day started with several games for body heating again, followed by less conventional practices of sport techniques and then continued the technical block of patterns for two separated groups of colorful and black belts. At the end of the seminar there were shortly refreshed possible ways of turnings and overall stepping.

At the end of the valuable day Master Jedut received a present – small plush toy “Moll in dobok” and gingerbread ČNUT from close production of cakes in Mnichovice.





National seminar 2014



The latest part of the seminar was planned for Dan grading. Master provided a short time to warm up and inaugurated a nine contestants for black belt degrees. Dan grading lasted nearly three hours, what indicates how demanding the examination was for all participants. Finally, all candidates successfully passed and we warmly congratulate on their promotion hereby.

To the I. Dan have been promoted:

- Mr. Pavel Barhoň
- Miss Lucie Bohatá
- Miss Sára Podskalníková



To the II. Dan was promoted:

- Mr. Jiří Holan

To III. Dan were promoted:

- Mr. Jan Růžička
- Mr. Michal Zemanec



To the IV. Dan were promoted and the title of International instructor obtained:

- Mr. Jaroslav Urbánek
- Mr. Tomas Mácha
- Mrs. Lenka Kolofíková



National seminar 2014



After the exams has left only to say “thank you” to all attendees for participation and to organizers for their caring treatment. Representatives of ČNUTschools were finally invited to a gala dinner with master Jedut, where all could discuss learnings and share feelings from the day.

Topics like long term vision of ČNUT and next training strategy were covered also and timing for next seminar has been preliminarily scheduled to Q2-3 2015, exact date to be specified soon.

For January there is also scheduled a regional seminar, where the main new learnings are supposed to be applied to work of the regions and schools.

For the first time this year, together with this event there's planned also a joint training of wider representation and will commence a preparation for the World Cup, which takes place in May 2015 in Jesolo, Italy.





National seminar 2014

National seminar 2014 with the master Jerzy Jedut, VII. Dan

#	Last name	First name	Scholl	Degree
1	Stein	Viktor	Sparring Mnichovice	IV. Dan
2	Kolofík	Kamil	Sparring Mnichovice	IV. Dan
3	Kolofíková	Lenka	Sparring Mnichovice	III. Dan
4	Roubal	Jakub	Sparring Mnichovice	I. Dan
5	Podskalníková	Sára	Sparring Mnichovice	1. Kup
6	Podskalníková	Natálie	Sparring Mnichovice	1.Kup
7	Bohatá	Lucie	Sparring Mnichovice	1. Kup
8	Pokorná	Patricie	Sparring Mnichovice	1. Kup
9	Richterová	Daniela	Sparring Mnichovice	3. Kup
10	Poláček	Jan	Sparring Mnichovice	4. Kup
11	Růžička	Jan	Benátky n/J	II.Dan
12	Zemanec	Michal	Benátky n/J	II.Dan
13	Holan	Jiří	Benátky n/J	I.Dan
14	Holanová	Natálie	Benátky n/J	4. Kup
15	Stankeová	Tereza	Benátky n/J	4.Kup
16	Zemanec	Jakub	Benátky n/J	4.Kup
17	Vrábel	Ondřej	Taekwon-Do ITF Sonkal Praha	V. Dan
18	Svítek	Martin	Taekwon-Do ITF Sonkal Praha	IV. Dan
19	Švanda	Vladimír	Taekwon-Do ITF Sonkal Praha	IV. Dan
20	Novák	Jiří	Taekwon-Do ITF Sonkal Praha	I. Dan
21	Žilinská	Tereza	Taekwon-Do ITF Sonkal Praha	I. Dan
22	Štekerová	Tereza	Taekwon-Do ITF Sonkal Praha	1. Kup
23	Hrstková	Lenka	Taekwon-Do ITF Sonkal Praha	1. Kup
24	Hlinka	Stanislav	Příbram	I. Dan
25	Vavruška	Zdeněk	Ge-Baek MI. Boleslav	IV. Dan
26	Příbyl	Martin	Ge-Baek MI. Boleslav	II.Dan
27	Zejval	Tomáš	Ge-Baek MI. Boleslav	I. Dan
28	Zejval	Vojtěch	Ge-Baek MI. Boleslav	I. Dan
29	Vavrušková	Eliška	Ge-Baek MI. Boleslav	3. Kup
30	Musil	Tomáš	Ge-Baek MI. Boleslav	2. Kup
31	Urbánek	Jaroslav	Škola Taekwon-Do ITF Strančice	III.Dan
32	Mácha	Tomáš	Škola Taekwon-Do ITF Strančice	III.Dan
33	Kubát	Josef	Škola Taekwon-Do ITF Strančice	III.Dan
34	Bláhová	Petra	Škola Taekwon-Do ITF Strančice	II.Dan
35	Šťastný	Michal	Škola Taekwon-Do ITF Strančice	I.Dan
36	Barhoň	Pavel	Škola Taekwon-Do ITF Strančice	1.kup
37	Frič	Lukáš	Tong II	1.Kup
38	Pavlík	Jan	Tong II	I. Dan